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LOOSE WOMEN NADIA EXCLUSIVE

I FEAR I'LL NEVER WORK ON TV AGAIN

Star speaks out on ITV 'bullying' row

BY **ZOE DELANEY**

LOOSE Women star Nadia Sawalha fears she will never work in television again over her bullying claims against ITV.

The 61-year-old said she has not seen any allegations against her but believes she has been dropped from the daytime show for speaking out in support of Palestinian rights.

Nadia has threatened legal action against ITV, claiming she was bullied out of her job.

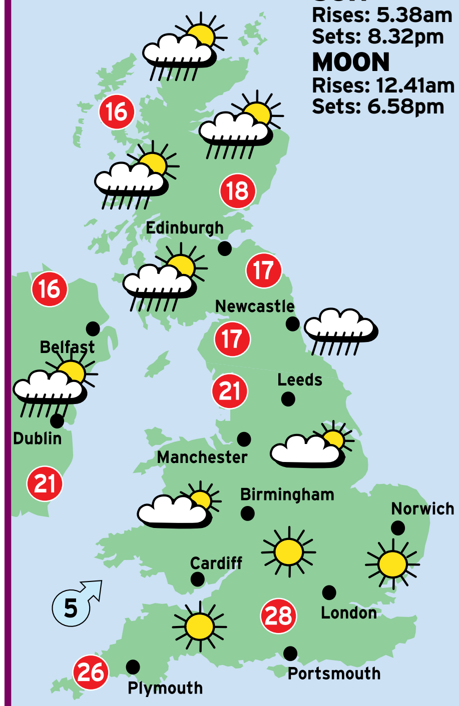
She said: "I accept that there is a huge risk I will never work in television again."

FULL STORY: PAGES 4&5

TODAY'S WEATHER

Rain moving across Northern Ireland, with mostly cloudy skies. Mainly sunny spells in south-west England and the south-east, while cloudier conditions in the Midlands. Northern Scotland will see sunny intervals, with mostly cloudy skies in the north-east.

SUN
Rises: 5.38am
Sets: 8.32pm
MOON
Rises: 12.41am
Sets: 6.58pm



4 DAY OUTLOOK

	MON	TUES	WED	THUR
Birmingham	⛅ 24c	☀ 28c	☀ 31c	☀ 32c
Cardiff	⛅ 26c	☀ 29c	☀ 31c	☀ 30c
Edinburgh	⛅ 20c	⛅ 22c	⛅ 26c	⛅ 24c
Liverpool	⛅ 20c	☀ 28c	☀ 30c	☀ 26c
London	⛅ 27c	☀ 26c	☀ 29c	☀ 34c
Manchester	⛅ 22c	☀ 28c	☀ 30c	⛅ 30c
Newcastle	⛅ 20c	⛅ 23c	☀ 26c	☀ 28c
Norwich	⛅ 22c	☀ 23c	☀ 26c	☀ 31c
Plymouth	⛅ 25c	☀ 25c	☀ 26c	☀ 27c

ABROAD YESTERDAY

		C	F			C	F
Amsterdam	s	23	73	Madrid	s	35	95
Athens	f	37	99	Majorca	s	33	91
Barcelona	s	31	88	Malaga	s	27	81
Benidorm	s	36	97	Malta	s	34	93
Corfu	s	34	93	Marmaris	s	32	90
Crete	s	32	90	Miami	th	31	88
Ibiza	s	32	90	Paris	s	27	81
Larnaca	s	33	91	Sydney	s	16	61
Las Palmas	s	33	91	Tenerife	s	32	90

-: not available, **m:** misty, **c:** cloudy, **s:** sunny, **r:** rain, **dr:** drizzle, **sn:** snow, **f:** fair, **fg:** fog, **sh:** showers, **th:** thunder, **hl:** hail, **sl:** sleet

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THE LOTTERY

We are sorry that we had to print your paper before last night's Lottery results were announced. You can still check the winning numbers online at:

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'The MP for Washington, DC'

BY **ADAM BARNETT** & **MIKEY SMITH**

NIGEL Farage has been branded the "MP for Washington, DC" after spending a quarter of his Commons speeches parroting US President Donald Trump's attacks on Britain.

Analysis from DeSmog found the Reform UK leader raised the Chagos Islands deal – a pet grievance of Trump, *right* – in 10 of his 40 speeches to Parliament before standing down as an MP in July. But he spoke just once about winter fuel payments, once about the Budget and once about energy policy – despite his party claiming the cost of living is one of voters' biggest concerns.

"Seeing how often Farage has voiced views that line up with Trump's interests, you might think he was the MP for Washington, DC, not Clacton-on-Sea," said Graeme McGregor of the Good Law Project. Mr Farage resigned as Clacton's MP amid a parliamentary standards investigation into a £5million gift from crypto billionaire donor Christopher Harborne.

He is standing in next week's by-election, billed as a showdown with "the establishment". But his main opponent is comedy candidate Count Binface, after all the main parties refused to stand. Reform was approached for comment.

Ann terror cops 'reopen Farage incident probe'

Reform leader claimed lit device came through door

BREAK IN BID
Nigel Farage. ***Below***, **Ann Widdecombe**

BY **SIMON MURPHY** and
TOM PETTIFOR Crime Editor

COUNTER-TERROR cops probing former MP Ann Widdecombe's murder have reportedly reopened an inquiry into an incident at Nigel Farage's property.

The investigation is said to relate to what Reform UK's leader claimed was a lit incendiary device shoved through his letter box last year.

Officers are now looking into a possible attempted burglary at a property as part of the Widdecombe probe.

They did not confirm the property was linked to Mr Farage or why it could be connected to Ms Widdecombe's killing. But the BBC reported it understood the inquiry relates to the incident at Mr Farage's South London property.

Reform UK spokeswoman and former Tory minister Ms Widdecombe, 78, died on July 8 after she was hit over the head with a hammer 21 times at her home in Haytor on Dartmoor, Devon. Joshua Kerry, 28, was charged with her murder on July 20.

At the time of the incident at his home last year, Mr Farage said: "It was an outright arson attempt. I wasn't at home at the time, but when I came back and opened the door I found the damage."

Counter Terrorism Policing's senior national co-ordinator Vicki Evans said on Friday: "In April 2025, the Metropolitan Police received a report of an attempted burglary at an address in the Greater London area. Enquiries were carried out by the Metropolitan Police, supported by Counter Terrorism Policing London. No arrests were made, and the investigation was subsequently closed, pending any new lines of enquiry."

She added: "Following the re-opening of the attempted burglary investigation, Counter Terrorism Policing London identified a line of enquiry which was not identified and pursued by them at the time, which may have been relevant."

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Joe Biden with son Hunter

Biden son Hunter: I worsened his health

BY **MIKEY SMITH**
US Political Editor

HUNTER Biden fears he may have worsened his father Joe's health through his decades of drug addiction, as he revealed cancer has spread to the former President's bones.

Asked if he had made the 83-year-old's life worse, Hunter told an interviewer: "Of course I did. That's what addiction does." He grew emotional as he discussed his father's condition, describing it as very sad to watch.

He said: "The cancer has spread, metastasised into his bones and further.

"It's very painful and it's very debilitating."

STRESS

He said his father had not let him off the hook, but added: "He always made it clear that when I was ready to come back, the door was open and that he loved me just as much, no matter what.

"When I fell down this well of despair he shined the light down and helped guide me out. And that's a beautiful thing, but it's not without its cost. And the cost is that it never goes away. That stress."

Mr Biden was the oldest man to serve as US President and his age and health was a source of concern while in office.

The former leader revealed his cancer diagnosis in May of last year, less than four months after he left the White House.

Hunter, 56, added: "The only thing that I'd say about my dad, about his health right now, is I wish he would complain more, because it's not good."

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LADY DECKS Posh on board off St Tropez

Victoria joined by kids and parents on yacht

Splosh & Becks

Victoria chats with parents on board vessel

Brooklyn & Nicola

BY **LUCY NEEDHAM**

IT'S all Becks on hand as the Beckhams invite relatives to join them on their holiday yacht.

The clan, including Victoria, David and children Harper, Romeo and his girlfriend Kim Turnbull have been joined by Posh Spice's sister Louise and parents Jackie and Anthony Adams.

Cruising by French Riviera town St Tropez on the £13million vessel, Victoria was wearing a tan bikini and super-sized sunglasses. The extended family group were seen relaxing and taking fun snaps.

Unsurprisingly, Sir David and Lady Victoria's estranged eldest child Brooklyn was not on board with wife Nicola Peltz.

Brooklyn was spotted holidaying nearby on Elton John's yacht in Nice this week. The Rocket Man singer is said to be staying out of the feud and "simply wants to be a loving godfather to Brooklyn".

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Vic, son Romeo and her mum Jackie Adams

Vic and Romeo's girlfriend Kim

Beckham clan pose for family album pic

BACK IN CHAIR

Defiant Sullivan's West Ham return

BY **SIMON MURPHY**

FORMER West Ham co-chairman David Sullivan attended the team's first home game of the season – despite being advised to stay away.

The businessman, who denies allegations of sexual misconduct, took his seat for yesterday's EFL Cup match against Portsmouth.

Mr Sullivan, 77, was accused of sexually exploitative and predatory behaviour by seven women in an investigation by BBC Panorama and The Times.

He stood down as joint chairman of West Ham before it was broadcast in June to focus on fighting "factually incorrect and entirely false, decades-old allegations concerning my personal life".

Sullivan at match

London Stadium, where West Ham play, had said in the week: "Given the potential for demonstrations and anti-social behaviour by some spectators, we recommended to the club he doesn't attend."

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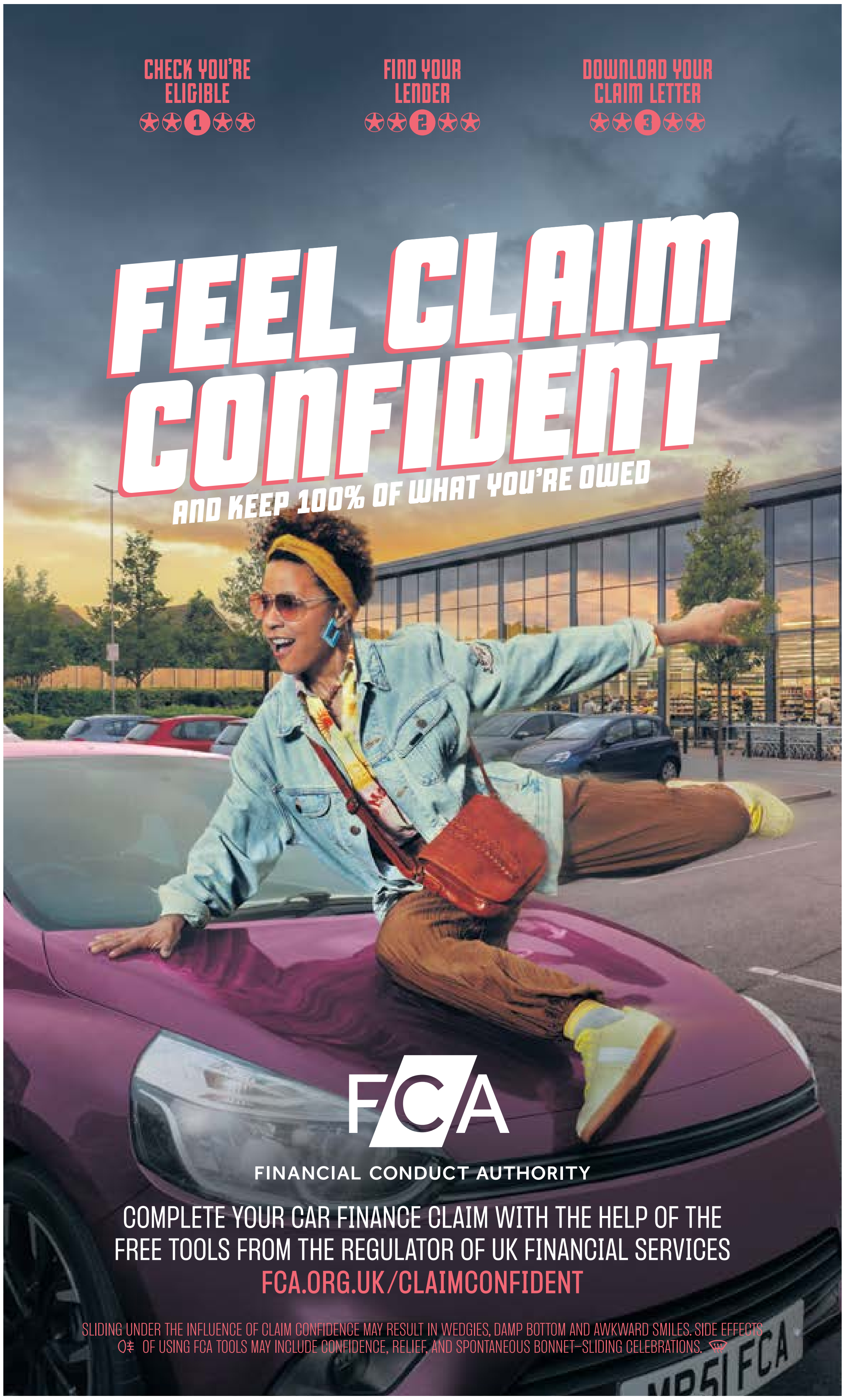

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SLIDING UNDER THE INFLUENCE OF CLAIM CONFIDENCE MAY RESULT IN WEDGIES, DAMP BOTTOM AND AWKWARD SMILES. SIDE EFFECTS OF USING FCA TOOLS MAY INCLUDE CONFIDENCE, RELIEF, AND SPONTANEOUS BONNET-SLIDING CELEBRATIONS.

LOOSE WOMEN

On the show with Christine Lampard, left, and Judi Love

» TV Nadia says she has to speak out on 'bullying'

» Threat of legal action over chop from show

EXCLUSIVE
BY **ZOE DELANEY**

NADIA Sawalha believes speaking her mind could wreck her career but insists: "I have to do it."

The Loose Women star last appeared on the daytime discussion show in April and this week she revealed she had threatened legal action, claiming ITV bullied her out of her job.

She fears she is being targeted for speaking out for Palestinian rights and was worried that police officers could come knocking on her door.

And she said: "I accept that there is a huge risk I will never work in television again."

Colleagues have offered Nadia support, but she claims many are too scared to do so publicly.

She said two well-known faces at ITV reacted to an Instagram video she posted on her threat to sue the network.

But Nadia added: "I deleted it because I don't want these people to be phased out.

"I feel sad that there is an atmosphere of fear that if they were to be seen to be supporting me, their career could be at risk.

"I don't believe for one second the head of daytime wanted me off that show, I feel for her."

"WHY HAVEN'T I SEEN YOU ON LOOSE WOMEN FOR AGES?"
Nadia Sawalha
itv
Nadia posted picture hinting at drama over her career on Loose Women

SILENCE

Nadia joined Loose Women when it began in 1999, leaving in 2002 and returning in 2013. She claims she has been "phased out" of the current series without any explanation.

She said she was told of a 20-page dossier of allegations made against her and that ITV told her they did not have the staff to review it.

She said: "I haven't been allowed to answer one single allegation because I don't know what they are. I was in a state of shock and so upset. I begged them not to do this to me.

"I know I am missed on that show. I have worked on Loose Women on and off for 27 years. I know my worth. I have never had to see a boss."

Loose Women prides itself on no-holds-barred discussion. She added: "I want people to be less afraid. I haven't got any choice, I have to speak out."

Earlier this week it emerged Nadia's lawyers wrote to ITV claiming: "Nadia was treated less favourably than other ITV presenters who faced significant public complaints."

The European Legal Support Centre (ELSC), representing Nadia, refused to comment to the Mirror about which ITV stars they were referring to or if they have been named in the letter.

But they said the issue raised "serious concerns about equality in the workplace and the treatment of those who speak out for Palestinian rights".

Speaking on Thursday, Nadia said she would not be "bullied into silence".

She has launched a petition calling for ITV to apologise publicly and reinstate her on the panel show.

It has already garnered more than 60,000 signatures.

In a video, she said: "After I began speaking publicly in support of Palestine in December 2023, I became the target of an escalating campaign of

STAR TAKES FIGHT TO ITV BOSSES

I accept a huge risk I'll never work in TV again

smears, complaints, hostile media coverage and calls to have me removed from Loose Women."

The panellist said she was removed from the series in July. ITV has previously declined to comment.

The controversy began in April when false claims were published alleging that Nadia and her husband, Green Party member Mark Adderley, had shown "support for terrorism or hatred of Jews." Last month she received substantial libel damages. Nadia said: "Within a couple of hours [of the defamatory articles going live], I got a call from ITV, 'It's just a bit noisy for us.' I was absolutely frantic.

"This awful, untrue thing about us had been written and we were in a total state. Two Green Party members had been arrested the day before. The Golders Green stabbings had just happened, then that came out. I was beside myself.

"We could literally have the police knock on the door right now."

In May, Campaign Against Antisemitism questioned whether Nadia was "too loose-tongued" to be on the show. Nadia vehemently denies being antisemitic.

Nadia suspects some bosses feared she might get political live on air and claims she was taken off a show in which former Prime Minister Rishi Sunak was set to appear. She said: "They moved me off, which they have the right to do, so I wouldn't be on the panel with him. I was angry."

The mum-of-two also said her salary had been halved.

A legal organisation representing Nadia has sent a pre-action letter to ITV, claiming it subjected Nadia to discrimination and harassment "because of her protected philosophical beliefs".

ITV was contacted for comment.

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> "I was in a state of shock, I begged them not to do this

Nadia and her husband Mark

SMALL BOATS CRISIS: WE FOLLOW

Getting ready to risk lives... in hope of a better one

- Mums and babies are bussed to coast and piled into boats
- Mega-dinghies built for 40 people ... but carry 150

Lifejacket for sale at Loon-Plage in France

EXCLUSIVE

PATRICK HILL in France

THIS is the human face of the Channel boats crisis, desperate people on the final leg of a journey that could kill them.

Our exclusive images show young children, including some in pushchairs, being bussed to board mega-dinghies to get to Britain.

Our investigators tracked a group of around 50 migrants, including babies, small children and women, earlier this week as they travelled around 40 miles south-west from France's largest migrant camp at Loon-Plage, near Dunkirk, to Ecault Forest, close to Boulogne.

The group had paid around £1,200 each to make the final leg of their journey to the UK.

They also paid extra for lifejackets, sold at stalls in the Loon-Plage camp for up to €50 (£42) – almost double the price in nearby shops.

Katie Sweetingham, head of operations at charity Care4Calais, says she has seen increasing numbers of women and children, including babies, at the camp since the UK government indefinitely paused family reunion applications in September last year.

She said: "Lots of women and children would use that scheme to be reunited with their loved ones in the UK and now that option is not available. So they have to get into a boat and make that dangerous crossing."

CAMPING

The journey we saw the families make on Thursday was convoluted and arduous.

After being taken from the camp to a bus stop in Loon-Plage, the group boarded a bus to Gravelines. Following a lengthy wait, they then took a second bus from Gravelines to Calais, before boarding a train to Boulogne, where they got on another bus to the edge of the forest.

On getting off the final bus, they made their way along hiking paths to a makeshift dwelling inside the protected natural site, which includes various camping spots for caravans.

They appeared to be being guided by a tall man, believed to be Kurdish, who had a distinctive tattoo on his right hand.

French police, including armed gendarmes, followed the migrants throughout the four-hour journey, including walking with them into the forest. But they made no attempt to stop them.

Good weather has led to perfect sailing conditions so far this summer, causing a spike in crossing attempts by gangs.

Four migrants, including three women, have died in separate boat tragedies in the Channel in recent days. And with the favourable conditions now expected to continue until at least September, there are fears of more tragedies. Investigators say traffickers are increasingly exploiting the Opal Coast, south of Boulogne, to launch dangerously overloaded rubber boats following a crackdown further north in Calais and Dunkirk.

They use new mega-dinghies bought from manufacturers in China. Despite being completely unfit for open seas, the boats are being used to transport more than 150 migrants at a time, netting the gangs up to £200,000 for a single trip. Ordering a mega-dinghy previously took months and involved a 5,500-mile journey by road, via countries including Kazakhstan and Turkey, costing traffickers at least £10,000.

However, we can reveal at least one factory is now offering direct delivery by plane to France, in packages measuring just 2m x 1m x 1m. The vessels are advertised online as Huge Large Super Inflatable Pontoon Rescue Boats, and cost just £1,200. But they are billed as being designed for 40 people, not 150.

The maximum delivery time is just two weeks. Katie said: "We've heard about the bigger dinghies from the people we support.

"It's a recent change. It just goes to show that all of the border security measures, largely funded by the UK, don't do their stated aim of stopping the crossings. All they do is make people that are organising the crossings change their business model, which is now the larger boats, making it much more dangerous for the people that are attempting crossings."

Katie says she and her team regularly meet children as young as 13 trying to cross to Britain without adult supervision. She said: "It's usually going to be those younger people that are

> "All of the border security measures, largely funded by the UK, don't do their stated aim of stopping the crossings
>
> **KATIE SWEETINGHAM** AFTER NEW MEGA-DINGHIES DEVELOPMENT

Care4Calais worker Katie Sweetingham

FAMILIES ON PERILOUS JOURNEY

Auberge de Jeunesse
Agence de l'Eau

Families queue up to get on bus bound for the coast

Lifejacket vendors man their stall in the makeshift Loon-Plage migrant camp

HUGE TRIP

Mums, dads and kids on their convoluted trip to Ecault Forest

Mirror's Patrick at migrant camp

targeted for driving the boat and then on entry to the UK they're much more likely to be criminalised and not believed for their age."

A week last Thursday, a boat overturned in the water near Ecault Forest, causing the death of a man and leading to the near-drowning of a baby. The same day, three women in their 20s, 30s and 40s, drowned after an inflatable dinghy with more than 100 people on board capsized near Loon-Plage.

Katie said: "More people are dying trying to make the journey.

"A lot of them speak to us and say they've been on a boat and they've seen their friends die in front of them, but then they will say, 'What else can I do?' There's no other way for that person to be able to reach safety in the UK to be able to gain asylum other than to repeat that journey again and try again."

Figures have just revealed the average number of migrants crammed per boat has more than doubled over five years.

Analysis found 66 migrants on average have been packed on to each of the 219 vessels to cross the Channel successfully this year. They carried 14,561 passengers in total.

An average of 27 per boat was recorded for the whole of 2021, when 1,064 vessels carrying 28,526 migrants made it to the Kent coast.

A source said: "These so-called mega-dinghies are hugely profitable and the smugglers are getting hold of them very easily. Their emergence means a huge number of people can be moved at one time, but always in extremely and increasingly dangerous circumstances. Frankly, it is a nightmare development for the authorities." An Egyptian man yesterday began a one-year prison sentence in France after being convicted of trying to smuggle a record 173 migrants into Britain on a 40ft mega-dinghy that burst into flames in the Channel.

An Iraqi-born people-smuggler, named by police as Rasoul Halo, was on Tuesday also imprisoned for a year, for smuggling an inflatable boat on to a beach.

Halo, who was found with three passports including a British one, claimed he was just helping a friend with a delivery.

> "They've seen their friends die in front of them, but then they will say, 'What else can I do?' There's no other way...
>
> **KATIE SWEETINGHAM** ON MIGRANTS TRYING TO CLAIM ASYLUM IN UK

patrick.hill@reachplc.com

COMMENT: PAGE 14

Mental health support 'vital to boost jobs'

BY **ASHLEY COWBURN**

HALF of young people believe faster access to mental health support is a better way to get them back to work than just cutting their benefits.

A survey shared with this paper showed that two-thirds of all voters believe many young people are out of work because it is too easy to claim benefits instead of working.

But 51% of 18 to 24-year-olds think many youngsters are out of work due to mental health problems.

The survey for More in Common comes ahead of a report into fixing the Neets (not in education, employment or training) crisis by former Cabinet minister Alan Milburn in the autumn. Prime Minister Andy Burnham has declared it a "mission" to tackle the issue.

UK More in Common director Luke Tryl, *left*, said: "The public has an appetite for reform to get the benefits bill down. But while the public agree with that diagnosis, their prescription is not simply cuts, but often greater support.

"Asked what would do most to get young people with mental health conditions into work, the answer chosen most often is faster access to mental health treatment – ahead of tougher conditions or reducing what people can claim."

Alongside the report into the Neets crisis, Department for Work and Pensions minister Sir Stephen Timms is expected to publish a separate review on reform of Personal Independence Payments this autumn. He said last month the main disability benefit, introduced in 2013, is no longer fit for purpose.

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One spin per customer per day. Prizes are free bakery coupons only. Promotion opens 06:00AM on 30.07.2026 to 11:59PM on 19.08.2026 inclusive (Promotional Period). You have 7 days to play the game after purchasing at least 1 item (Spin Period), which is not infant formula, charity donations or a gift card, during Promotional Period and scanning card. ‡18+ GB Only. Subject to availability. Lidl app required. Full T&Cs apply: lidl.co.uk/lpterms

BURNHAM ON

Top banter on footie channel

BY **ASHLEY COWBURN**

FOOTIE-mad Andy Burnham celebrated his goal of becoming PM by browsing some classic kits.

The lifelong Evertonian thumbed through racks of vintage tops brought to No10 North for hugely popular YouTube channel AwayDays.

Among the selection from Manchester-based company Classic Football Shirts was a version of the vintage Everton shirt Mr Burnham was recently spotted wearing on a jog.

Out jogging in classic Toffees top last month

Creator Ellis Platten, whose channel has 666,000 subscribers, said: "The shorts you were wearing with it almost looked like 80s vibe as well with that shirt."

The PM, who has won praise for his own social media skills, replied: "I went for the full 80s look that day, didn't I?"

Mr Burnham discussed his love of football in the episode, which hit 85,000 views in a day.

He also shared memories of his time playing as a striker – after presenter Ellis jokingly asked if he had played as a left winger.

PM: I'M

● Summer tour of country to

BY **ASHLEY COWBURN**
Deputy Political Editor

ANDY Burnham is to begin a summer tour of the country this week, asking voters what would make their lives better.

The Prime Minister, returning from a short holiday abroad, is expected to spend the rest of August on the road visiting every region in Britain.

In the coming days he will outline measures to tackle misleading discounts and rip-off prices while promising action to get high streets thriving again. Mr Burnham told us: "This month I'm out of Westminster and into your town. Not for the photographs, but because I want to hear directly from people in their communities. I'll be asking one question: what would actually make your life better?

"We know a lot of the issues.

"People have been saying it for years and no one listened. Bills that land like a threat. A high street of shuttered units and rip-off prices."

He added: "So here is what's coming. A third off bus fares. VAT off your electricity bill. Action next week on misleading discounts and pricing tricks. We're putting money back in people's pockets and giving communi-

MISSION TO MAKE A DIFFERENCE

PM & Ellis talk a good game at No10 North

Mr Burnham in Everton shirt as a youngster

Prime Minister thumbs through rack of classics

HEAR TO HELP

meet voters ● Plan to tackle issues that matter most

ties the power they need to thrive. Good growth in every postcode. Hope in every heart."

Mr Burnham is expected to renew his focus on the cost of living on his tour before Parliament returns in early September. Sources confirmed that places he will visit include Port Talbot, South Wales, which is reeling from more than 2,000 job losses after its last blast furnace was closed.

Reports have previously suggested Mr Burnham could head to parts of the country that voted Reform in 2024. No10 said he would like to sit down with families, shop owners and workers during the nationwide tour.

The visits will inform his work on the 10-year plan for the country he promised for later this year. It follows a policy blitz in his first week in No10, which included measures designed to give cash-strapped families breathing space on the cost of living.

They included a promise to remove the VAT charged on electricity bills from October 1, which is estimated to cost £850million, to knock £45 off the average bill.

There was also the decision to reintroduce the £2 bus fare cap from January, down from the current £3.

The summer tour comes amid evidence of a Burnham bounce in the national polls, and Labour closing the gap on Nigel Farage's right-wing party, Reform UK.

Elections expert Professor Sir John Curtice last week said the bounce effect was confirmed by Labour's comfortable victory in the Greater Manchester mayoral by-election, Beverley Craig taking the PM's old job.

But Sir John warned: "With Reform UK polling only narrowly behind Labour, Burnham's party still has a long way to go before it can face the prospect of fighting a general election with confidence."

> "
> **People have been saying it for years and no one listened. Bills land like a threat. A high street of rip-off prices**
>
> **ANDY BURNHAM** PRIME MINISTER AHEAD OF HIS TOUR OF COUNTRY

ashley.cowburn@reachplc.com

COMMENT: PAGE 14

Clare Moriarty, Citizens Advice head

No10 pledges a crackdown on the tricks that fleece us

BY **ASHLEY COWBURN**

FIXES on high prices, including an end to costly subscription traps and rip-off discounts, will be speeded up by Prime Minister Andy Burnham.

He will bring forward easy-to-exit rules, making it less painful for consumers to cancel their subscriptions and avoid automatic renewal at a higher cost.

The crackdown was unveiled under Keir Starmer and is set to include mandatory reminders before renewals of yearly contracts.

The rules had been due to come into force in spring 2027, but Mr Burnham will now bring them forward to January, in time for when customers often start new subscriptions.

Downing Street has said it will save consumers an estimated £400million – or £14 each month per unwanted subscription. No10 also said the proposals meant: "Pretend prices and deceptive deals will be a thing of the past."

PHONEY

And the Prime Minister plans to ban retailers from making misleading claims about discounts.

Mr Burnham said: "I know people are sick of rip-off discounts and subscription traps, for services like pay TV and mobile apps.

"I'm determined to pull every single lever we can to provide people with some room to breathe on the cost of living.

"We're putting an end to phoney bargains. If something is advertised as half price, it should actually be half price. We're making it as easy to leave a subscription as to join.

"We want to put more money in people's pockets and give people hope that politics really can work for them and their everyday lives."

Citizens Advice chief executive Dame Clare Moriarty said: "We really welcome the government's move to speed up action on subscription traps and look at banning other tactics firms use to catch consumers out.

"We found over 13 million people – or 26% of adults – accidentally took out a subscription in a year."

Boredom is a hols challenge

Mums and dads: Hols are horrid by day 16

BY **PHIL CARDY**

LONDON is the city where parents reach summer holiday breaking point quickest, research found.

Mums and dads in the capital last an average of 16 days before reaching the end of their tether.

That is three days sooner than the typical parent, who manages 19 days of juggling childcare, work and constant demands for entertainment.

Those in Bristol are next to crack, after around 17 days, followed by mums and dads in Sheffield, Manchester and Liverpool after around 18 days.

August 1 was universally agreed as the date parents run out of activities and reach boiling point.

EXHAUSTING

A study of 2,001 by the National Exhibition Centre in Birmingham found that children complain they are bored and ask to do something or go somewhere at least eight times every day.

That leads to almost three arguments a day about what to do.

Some 22% of parents are already counting down the days until school starts again, while 21% say the holidays become harder as they go on and the same amount find them more stressful than relaxing.

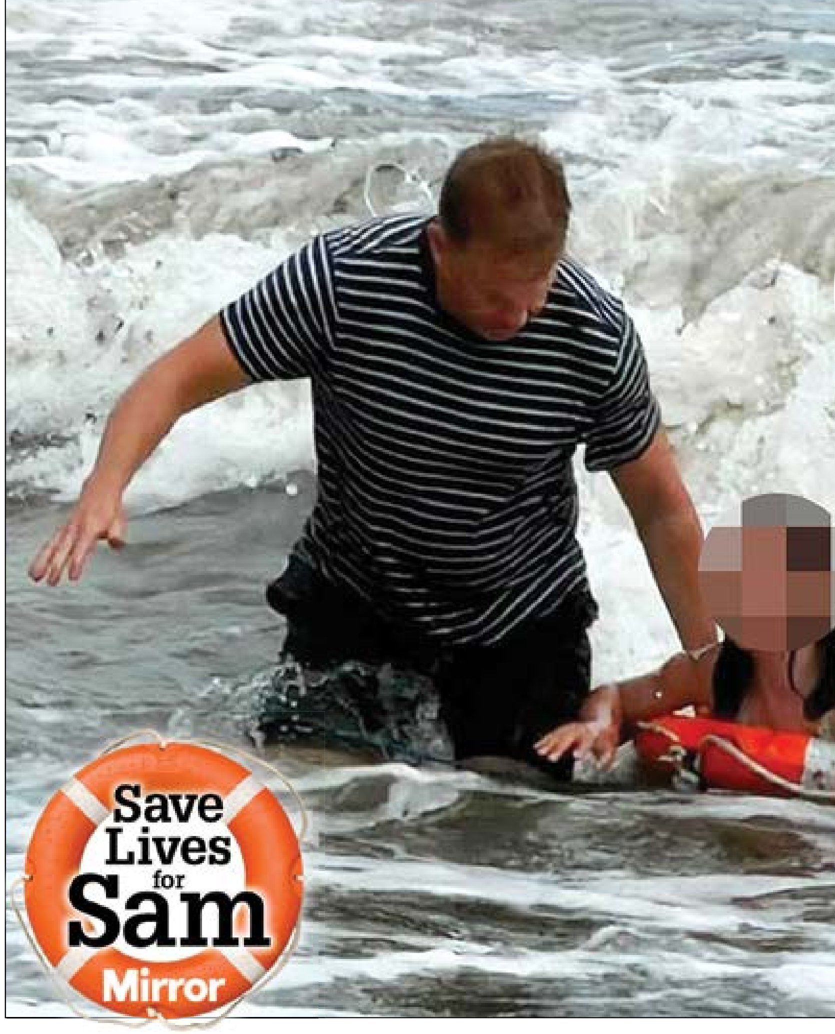
Mondays are particularly tough, with patience wearing thin by 1.36pm.

And 38% spend more than expected with parents coughing up an average of £912 keeping youngsters entertained.

Some 38% secretly dread the holidays before they even begin – but 30% say they enjoy having more time with their children.

Sarah Harvey, deputy chief executive at the NEC, said: "The pressure to fill every day can become exhausting."

Hero cook's sea rescue



Steven used life ring to save struggling kids

THIS is the moment a heroic café owner sprinted into the sea to save three children who got into difficulty.

Steven Doorey-Williams had been working at the Bayside Café, by Dumpton Gap beach, near Broadstairs in Kent, when he heard youngsters screaming.

The ex-Royal Marine and former firefighter ran into the water fully clothed and threw a life ring to pull out the kids – a girl and two boys – struggling in the waves.

He told the BBC: "I was cooking in the café when one of the beach hut owners came in shouting for help.

"So I stopped everything, ran outside and saw a boy and girl out to sea who were struggling to get back on dry land.

"The waves were high, the wind was up and they were being taken further out."

Our Save Lives For Sam campaign is calling for urgent action to tackle Britain's drownings crisis.

We want school water safety lessons to be made compulsory and a legal requirement for safety equipment to be installed near high-risk areas.

Sam Haycock, 16, drowned after celebrating the end of term with pals at a reservoir in Rotherham in 2021.

It comes as crowds are expected to flock to beaches with another heatwave set to arrive this week.

England and Wales will remain dry and sunny, with some parts of the country seeing highs of 36C.

Heroic Steven Doorey-Williams

A CATALOGUE OF DISASTER

Libby Squires' mum says Levy case shows authorities have not learned

BY **SIMON MURPHY**

THE mum of murdered Libby Squire says missed chances to stop a serial sex predator who killed two women were "a catalogue of disaster".

A string of opportunities to catch Simon Levy, who murdered two vulnerable females and left a third for dead, were squandered by authorities.

Campaigner Lisa Squire says she recognises the pattern of offending from the case of her daughter, who was raped and murdered in 2019, aged 21.

Her killer, Pawel Relowicz, had earlier committed a series of sexually motivated crimes.

Mrs Squire said: "We're not learning from previous incidents. This is just a catalogue of disaster, isn't it?" Levy, 40, faces a whole-life sentence after being convicted on Friday of murdering gran Carmenza Valencia-Trujillo, 53, in March 2025 and mum-of-four Sheryl Wilkins, 39, in August that year.

He was also convicted of rape, grievous bodily harm with intent and the non-fatal smothering of a third woman.

It was part of a seven-year spree that included multiple sex attacks, while the police and courts failed to stop him.

Levy was repeatedly released on bail or not arrested despite failing to attend court hearings for other offences, and leads were not pursued until after he had killed twice.

Asked if she recognised the pattern of offending from her daughter's story, Mrs Squire said: "Yes, I mean the patterns were there. He was flying those red flags. The offences he was committing on public transport and what have you.

"These offences are precursor offences and we need to be looking at those far more seriously because if we understand those offences then hopefully we would have been able to go forwards and stop what happens at the end with the death of those two young women."

It comes as London's Victims' Commissioner Andrea Simon said: "It is an absolutely horrific case and I've been appalled at the litany of failures to manage such a prolific offender."

The Met, British Transport Police and the CPS have all admitted failings in how they dealt with Levy.

He will be sentenced on Wednesday.

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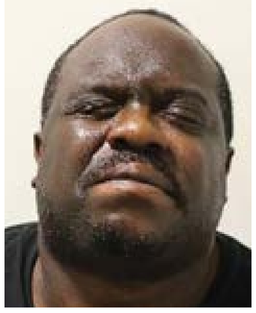
Libby Squire, *left*, and Lisa



Double killer Simon Levy

Knox's 'crime scene' joke on gig set

Odd gag at comedy show after victim's sister made TV appeal

Amanda Knox in court in Perugia, 2009

HAVE A LAUGH Amanda is performing at festival

EXCLUSIVE

BY **SASKIA ROWLANDS**
in Edinburgh

AMANDA Knox joked about crime scenes in her debut stand-up comedy show at the Edinburgh Fringe Festival.

Knox, 39, whose conviction for murdering British student Meredith Kercher in Italy was quashed, vowed her show Cartwheel would honour her late housemate. But moments into the hour-long production, Knox, 39, appeared to make light of the horror – to roaring applause.

Standing on a set made to look like a child's bedroom, she quipped: "Really sorry it looks like a crime scene in here." She later likened her time behind bars to the cartoon Chicken Run, the movie set on a grim Yorkshire farm in which a brave hen leads her fellow caged flock in plotting an escape before the owners can turn them into pies.

And she joked about the need for shops to stock acquittal greeting cards, telling her audience: "It's a whole industry, I'm telling you."

She laughed while telling how a prison guard made her watch Shawshank Redemption – a film about a man wrongly accused of murder who engineers a prison escape.

> “Cartwheel honours Meredith Kercher's memory and calls out the violence that was done to her and me
>
> **AMANDA KNOX** ON THE SOLO SHOW SHE'S STAGING AT EDINBURGH FRINGE FESTIVAL

Knox's gags came despite Meredith Kercher's family calling for the show to be cancelled.

Her sister Stephanie had said on BBC Breakfast: "What I would say [to Knox] is to think about the family here, think about her friends and to turn the tables if it was your sister that this had happened to, because I know you have a sister as well."

But Knox rejected this online, insisting: "Cartwheel honours Meredith Kercher's memory and calls out the violence that was done to her and to me." And it seemed Knox was pleased with her first Fringe performance, on Friday night.

Sharing a smiley selfie with her young son on Instagram yesterday, she said: "Morning after the first night glow." A petition calling for the show to be cancelled, set up by a friend of the Kercher family, had last night amassed more than 30,000 signatures. It reads: "This show not only disrespects Meredith's memory but it also risks normalising violence against women by making light of such a harrowing event."

Knox, from Seattle, Washington, and Meredith, from Surrey, were exchange students sharing a house in the Italian university town of Perugia. Alongside her then-boyfriend Raffaele Sollecito, Knox was arrested on suspicion of murdering Leeds University student Meredith who was found dead aged 21 in their house on November 1, 2007.

Her throat had been cut and she had been sexually assaulted. Knox was found guilty and spent four years in an Italian prison before she and Sollecito were acquitted following an appeal. She returned home to the US in 2011. A retrial in 2014 reinstated Knox and Sollecito's convictions but Italy's top appeals court overturned them again in 2015.

Drifter Rudy Guede, from the Ivory Coast, served 13 years of a 16-year sentence for Meredith's murder.

Meredith's parents John, a former Mirror journalist, and Arline, died four months apart in 2020.

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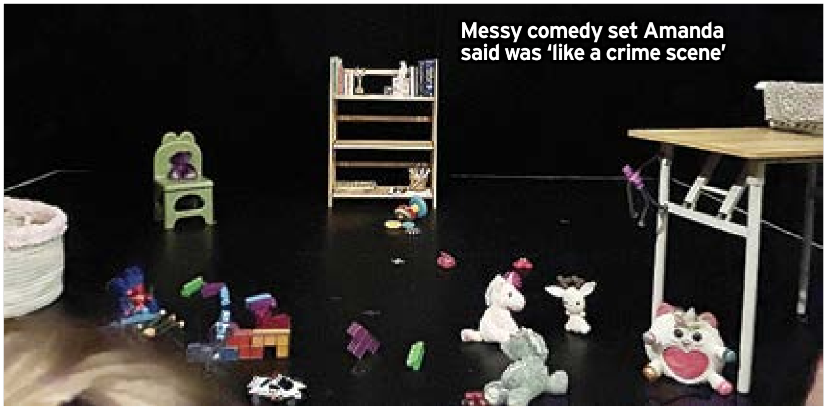

Messy comedy set Amanda said was 'like a crime scene'

Meredith, *right*, with sister at her graduation

Meredith Kercher's sister Stephanie

ECLIPSE ALERT

BY **MATHILDE GRANDJEAN**

Regular shades 'too dangerous'

ECLIPSE viewers have been warned regular sunglasses do not provide enough protection to look safely at the cosmic phenomenon.

The alert was issued by the Royal Greenwich Obervatory as the Met Office revealed its top locations for taking in Wednesday's spectacle.

More than 90% of the sun will be obscured by the moon between 6.17pm and 8.06pm on August 12, the most it has been blocked above UK skies since 1999's total eclipse.

Devon, Cornwall and west Pembrokeshire in Wales are set to see the eclipse at its fullest, with a range of 94% to 96% of the sun obscured. Other viewing hotpots include Northern Ireland, the West Midlands and the South West, and the west of Scotland.

But Imo Bell, a planetarium astronomer at the observatory, warned: "You can't just go out and expect to have a look because it's really dangerous for your eyes.

"So, you can use solar eclipse glasses, which are very, very different from sunglasses."

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EXPERT HAILS

Former detective Ian Clarke, who spent years on the case

EXCLUSIVE

BY **TOM PETTIFOR**
Crime Editor

KILLER Christopher Halliwell should be quizzed by police over a young woman's unsolved murder 32 years ago, an ex-detective who worked on the case has said.

Julie Finley was strangled and dumped naked in a carrot field 10 miles outside Liverpool on August 6, 1994.

The 23-year-old had screamed "help me, help me, for god's sake help me" to a witness who fled after her killer threatened him in Rainford, Lancs.

Our investigation in 2019 revealed that Halliwell was living in Aughton, five miles from the spot near the A570, at the time of the murder.

He was a window fitter and drove a D-reg white Transit van similar to the one spotted at the scene at the time Julie was killed.

We tracked down former Acting Detective Sergeant Ian Clarke, who spent years working on the case for Merseyside Police. Speaking at the deposition scene last month, Mr Clarke told us he thinks Halliwell should be treated as the prime suspect.

CAPABLE

He said: "I think that's good evidence. We'd have had no reason to look for somebody like Christopher Halliwell.

"I don't see why a visit to him in prison can't be made. He might make no comment, but you never know – he might want to get it off his chest.

"I think he's got to be a strong suspect. I'd do everything I could to find out the history of Halliwell because I can't believe a man like him, having done one murder, having admitted another murder, is not well capable of having committed this one on Julie Finley. No other suspects ever came in.

"The local people that we interviewed in no way could have been considered as suspects for this, and we did interview them."

Julie, who became a heroin addict in her late teens, was seen at around 10.30pm on August 5, 1994, near Royal Liverpool Hospital, talking to a white man of average build in his 20s or 30s.

Her body was found the next day.

> "I don't see why a visit to Halliwell in prison can't be made. He might say no comment or he might want to get it off his chest
>
> **IAN CLARKE** FORMER MERSEYSIDE POLICE DETECTIVE WHO WORKED ON CASE

Murdered Becky Godden-Edwards

Halliwell victim Sian O'Callaghan

Two witnesses later reported that a man and woman had been seen arguing next to a white Transit van in the lay-by where Julie was dumped.

The man she shouted to was a hitch-hiker in his mid-20s with short blond hair, believed to be from St Helens.

Mr Clarke revealed that his team

‘GOOD EVIDENCE’ WE UNCOVERED

‘I think Halliwell has got to be a strong suspect in Julie’s murder’

Ex-cop says double killer who lived near crime scene must be quizzed

MYSTERY

Police officers at the scene near Rainford in 1994 after body of Julie, *above*, was discovered

Ian with our Tom at spot where Julie was found and, *left*, Halliwell

traced the man, who was believed to have been a mental health nurse.

Mr Clarke said of the double killer: “I think he’s got to be well in the frame in the circumstances of him being in Aughton, which is five miles down the road, having a D-registration Ford Transit, that he’s been convicted of murdering young ladies who are similar to Julie Finley.

“So it’s a lot of coincidences to work on and I would think that, had we known that at the time, he would certainly have been interviewed.”

Sending a message to Halliwell, Julie’s mum Pat, 81, said: “Could you please let us know if you’re the one that murdered Julie? I want to know, I want justice for her. I’ve waited long enough and it’s not fair on the family.

“It’s 30-odd years and she could be married and have got herself a good job.”

Pat, from Liverpool, also urged the police to quiz the killer, saying: “Go down and speak to Halliwell. I want closure for Julie.”

Melanie Hall, who vanished from a club

Like Halliwell’s known victims, Julie was in her early 20s when lured into a vehicle, killed and dumped in a rural spot. There was no sign of an overt sex attack and a solid object had been thrust in her neck.

Halliwell, 62, is serving a whole life term for killing Becky Godden-Edwards, 20, in 2003 and Sian O’Callaghan, 22, in 2011.

It comes after a investigation we conducted this year found fresh evidence linking the former taxi driver in Swindon, Wilts, to the murder of Melanie Hall, 25, who vanished from a nightclub in Bath two years after Julie was murdered.

Detective Chief Insp Ben Lavender, of Avon and Somerset Police, said in January that one theory was that the killer had links to Dursley, five miles from where Melanie’s body was found.

We uncovered electoral roll records which show Halliwell’s sister Sarah lived in the small Gloucestershire town. The records also show that the double killer’s mother Sofia and step-father John lived in the neighbouring town of Nailsworth.

Melanie’s remains were discovered in October 2009 on the northbound M5 at junction 14, 28 miles north of where she vanished.

One of Halliwell’s former friends told this newspaper they would use the Michaelwood service station, a mile up the road.

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VOICE OF THE SUNDAY Mirror

Boat crisis can't have a quick fix

MANY of the migrants trying to get to Britain on unsafe dinghies are fleeing war, persecution or famine.

With just the shirts on their backs, they board dangerous rafts, most of them seeking nothing more than a better, safer life for themselves and their families.

Many take the unimaginable risk to come here, rather than stay in France, because they have family members already in this country.

They pay ruthless criminals, who are happy to overload dinghies to bolster their profits, to help them across the Channel in the dead of night. And hundreds don't make it.

Yet the human cost is too often ignored.

This is why today we show in heartbreaking detail the ordeals they go through – the hunt for lifejackets for children, living in makeshift camps, pushed from pillar to post by cold-hearted people-smugglers.

More than 160 people have died making crossings, including three women last week.

Yet asylum can only be claimed on British soil, which is why the Channel continues to be such a draw for the desperate.

Safe routes, settlement schemes and overseas processing are being explored as possible answers but there is no short-term solution.

And any politician who pretends to have a quick fix to this crisis is deceiving you.

A tour of duty

ANDY Burnham is determined not to be encased in a security bubble like previous Prime Ministers were, too remote from the people they governed.

He intends to spend this month touring the country asking ordinary people one simple question: "What would make your life better?"

He will meet those struggling to find employment, and those with a job but who still cannot afford soaring household bills.

He will visit high streets wrecked by neglect to hear from the people who live there how they can be restored. Only by learning first-hand about what needs to be done to improve lives can a PM be equipped with the knowledge needed for effective policy.

We look forward to hearing more about Mr Burnham's fact-finding mission.

And, once he has found out the facts, we would like to know what his plans are to put right what is wrong.

Supreme sailor

NATASHA Lambert was not content to be a passenger on the catamaran her family sailed across the Atlantic.

Despite her cerebral palsy, she wanted to take the helm. A "sip and puff" device invented by clever dad Gary enabled her to steer with her mouth during nautical adventures.

Now the Pacific is in her sights.

We know you'll do it, Tash. And your courage and determination take our breath away.

JONATHAN ASHWORTH

Former Shadow Secretary of State for Work and Pensions

HEALTHY CHANGE AT LAST

As a Labour MP I championed better mental health services and pushed to ensure it was taken as seriously as physical health.

Mental ill health can impact anyone and there is no shame in seeking help. This is personal for me – my late dad struggled with drink addiction all his life and as someone recovering from a stroke, I know how strokes can lead to depression.

I'm delighted to see Health Secretary Yvette Cooper making a commitment to roll mental health community centres out to help people with addiction, finding work and financial issues. It's the joined-up thinking I called for.

Building on the record numbers of children now getting quality mental health care and the recruitment of 8,500 extra mental health workers in the NHS, this government is delivering a transformation.

Straight into action

PM's team are delivering meaningful action to build a prosperous economy

Good things are happening in Burnham's Britain. Within hours of taking office, new PM Andy Burnham and his top team went into action unveiling new measures to help build a better Britain and start the hard work of delivering prosperity in every postcode.

To give overstretched families the breathing space people have been crying out for, VAT has been slashed from energy bills and bus fare caps.

As a Mancunian who spent some of my childhood growing up just yards from Strangeways prison, I'm delighted he has opened a Downing Street office in Manchester.

We won't fix the problems in the country unless every corner of the UK has a fair share and this radical new approach is about ensuring that finally happens.

> "Measures will build a better Britain in every postcode

Louise Haigh – who has already cemented her place in Labour history by renationalising the railways – is taking a chainsaw to the red tape and bureaucracy which too often block British businesses from winning government contracts.

The government spends £90billion a year on goods and services. That's money which should be supporting British jobs. Louise's new plan will guarantee exactly that.

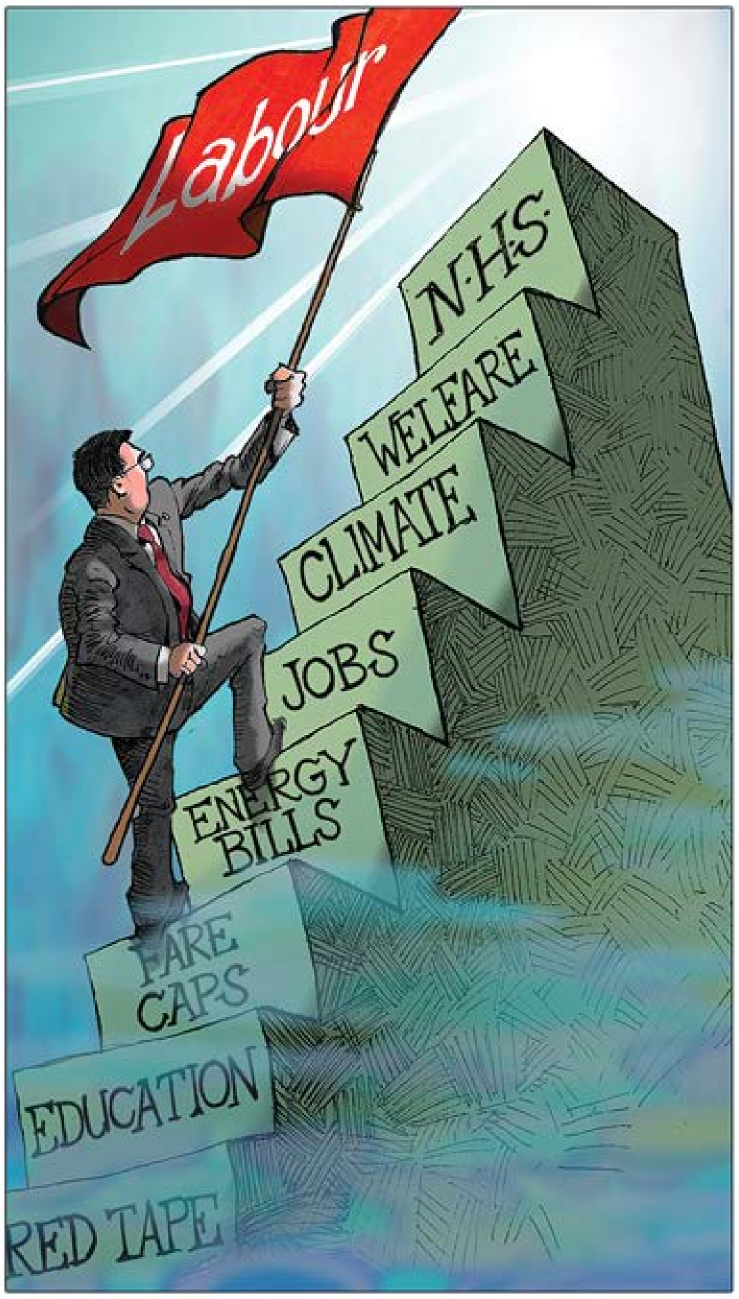
New Chancellor John Healey will in the Autumn bring forward a budget to invest in Britain's creaking infrastructure while Welfare Chief Pat McFadden and Education Secretary Lucy Powell have confirmed new training and skills proposals are in the pipeline to help get the million jobless youngsters into decent, well-paid work.

This all adds up to real meaningful action to build a sound and prosperous economy in every postcode. Labour values are at the heart of everything the government is doing. On the international stage there is a welcome approach too with Ed Miliband as Foreign Secretary making climate change and international development guiding missions.

Andy Burnham has apologised for Labour's stance on Gaza in the early days. Back in 2023, I wanted to call publicly for a ceasefire but instead Labour MPs were ordered to abstain when asked to support one in the Commons. That was the wrong call. Andy is right to acknowledge the previous Labour leadership got it so badly wrong.

On social care the PM has big radical plans too. When one in three born today will develop dementia in their lifetimes, fixing social care is an urgent challenge that can't be ducked. Anyone who has battled to secure care for a loved one suffering from dementia knows the current system is bust.

Labour created the National Health Service. Now with Andy Burnham, Labour will create the care service the country needs.



Culture chief Lisa Nandy says that when it comes to art, music, film and TV, Britain is brilliant. She's right. In my old constituency, the arts scene thrives. But I was upset to learn the local Comedy Festival has gone bust. We all love a good laugh.

I know plenty of politicians are comedians, maybe it's time for a Minister for Comedy to keep the nation laughing? Though on second thoughts...

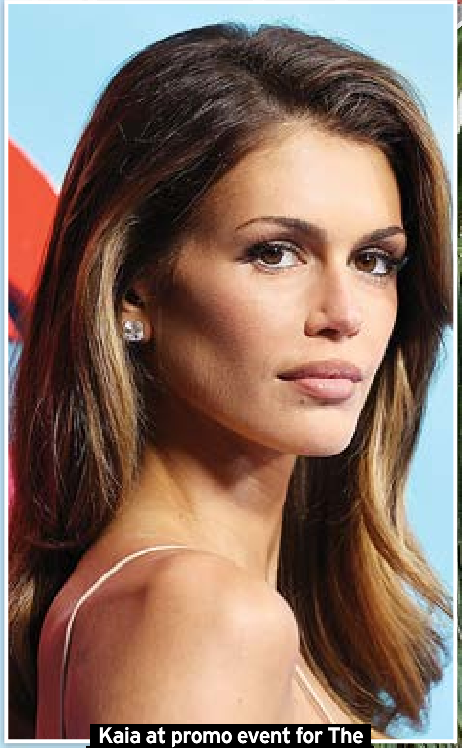
The footage of a New Zealand politician joining a video call from her bathroom reminded me of the pandemic. I was doing constant Zoom interviews from my kitchen. On one occasion my young daughters Grace and Annie Zoom-bombed me on live TV. To this day it's still the most successful interview I ever did.

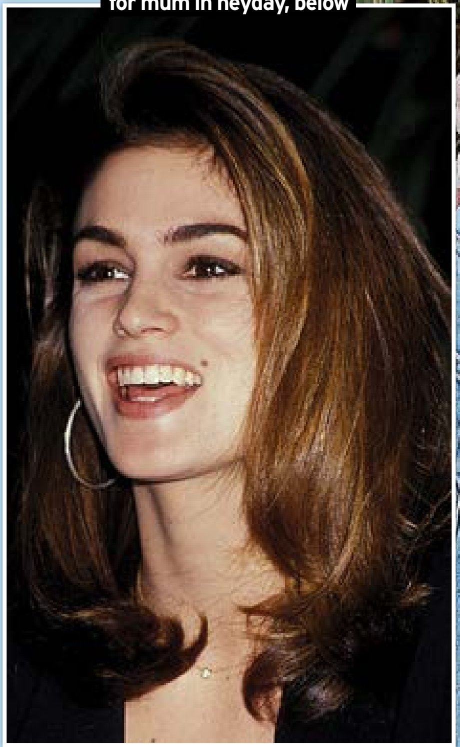
Cindy's looKailike

Supermodel's daughter is the spit of mum in 80s TV drama

BY **JASMINE ALLDAY**
Showbiz Editor

Kaia with parents Rande and Cindy


Kaia at promo event for The Shards, *above*, is dead ringer for mum in heyday, below



Kaia Gerber with mum Cindy Crawford earlier this year

ALL that's missing is the trademark mole above her top lip... otherwise Kaia Gerber is a carbon copy of her supermodel mum in her 80s heyday.

The pair are peas in a pod at the best of times but, styled in 80s get-up for her latest role in Disney+ show The Shards, actress Kaia, 24, is an absolute dead ringer for Cindy Crawford, 60, from the days when she graced magazine covers all over the world.

And she is delighted to be following in those famous footsteps, saying her mum is her biggest inspiration.

At the start of her career, Kaia strutted down the same catwalks, with modelling work for Vogue, Burberry and Prada.

Her first job for Versace Kids came when she was just 10.

But Kaia knows she has more than just good genes to thank Cindy for.

She said: "I saw how hard my mom worked, and the life she made for herself through this career, and that really inspired me."

Her acting career is blossoming – she has appeared in American Horror Story and Palm Royale, and now The Shards, which first aired last week.

The drama, based on Bret Easton Ellis's book, is set at an elite prep school in 80s Los Angeles as a serial killer targets teens across the city.

Kaia, whose dad is businessman Rande Gerber, is no stranger to high society. Rande owns tequila brand Casamigos alongside George Clooney, while she counts Kendall Jenner, Taylor Swift and Bella Hadid among her famous friends.

In Disney+ show The Shards

Meanwhile, Cindy, who made $6.5million a year at the height of her fame, says Kaia had a passion for fashion from a young age.

She said: "When she was little, she and her friends would always want to play dress-up and do photoshoots. They would raid my closet, and I would do their hair and make-up. Kaia always loved it."

Yet while many think Cindy and her daughter are identical, Kaia is not so sure.

She said: "I think she's just the most beautiful woman inside and out. So if there's any way that I remind anyone of her, it's just, like, the largest compliment."

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First modelling contract at 10

Businessman Dennis Bacon

Four in a Bed star is new chief of council

BY **PATRICK HILL**

A BUSINESSMAN who won a reality television show is due to take on a £215,000-a-year job as a council chief executive.

Dennis Bacon, who has a background in adult social care, has been chosen to take charge of Norfolk County Council.

He runs a bed and breakfast in Norwich and last year was crowned the winner on an episode of Channel 4's Four in a Bed.

The final decision on his appointment still requires the normal pre-employment checks and sign-off from full council, which is due to meet next week.

Predecessor Tom McCabe

Mr Bacon's appointment comes after Tom McCabe quit the post shortly after Reform took control of the authority in May.

Alongside his hospitality ventures, Mr Bacon spent 19 years as chair of the Norfolk Independent Care Association, which supports more than 600 organisations and 11,000 staff in the adult social care industry.

The 63-year-old has also sat on the Norfolk and Waveney Sustainability and Transformation Partnership – a network of local NHS organisations and councils.

Previously he was given an Outstanding Leadership in Public Services award by the council.

B&B owners compete against each other to be named best host on Four in a Bed.

A SAILOR WHO WOULD NOT

EXCLUSIVE

BY **HANNAH BRITT**

When Natasha Lambert sailed across the Atlantic, it was more than an ocean she conquered. Backed by her family, the 29-year-old overcame setbacks that many would think insurmountable.

Born with cerebral palsy, Natasha cannot use her arms or legs, and struggles to speak. Her breath control, however, is top notch – giving her inventive father a cunning idea. Her sister Rachel, 19, explains: "Growing up, it was never a 'no' for Tash, but an 'OK, how can we make this happen?'

"When she expressed an interest in sailing, Tash wanted to not just be a passenger. She wanted to be in control of the boat. But when we did some research near our home in Cowes, the technology just wasn't there.

"Dad is an electrician by day, but a mad inventor by night.

"Off he went into his shed and he created a custom 'sip-and-puff' breath-control system for Tash, so that she could independently skipper and steer sailing boats." The sip-and-puff proved life-changing for Natasha, giving her independence and control.

Rachel and inspiring big sister Natasha

A small tube is held securely in her mouth by a modified helmet.

Sipping (inhaling) on the tube turns the boat right, while puffing (blowing) turns it left. A tongue-operated LED light beam switch inside the straw also helps her control the sails.

Rachel says: "Tash can easily drink from a straw, so that was the basis of it.

"They started with a model boat that she could control on a pond, then upgraded and upgraded until it became a full-size boat. Then Tash got on board."

Gary's ingenious invention was a game-changer. Natasha says: "I loved it."

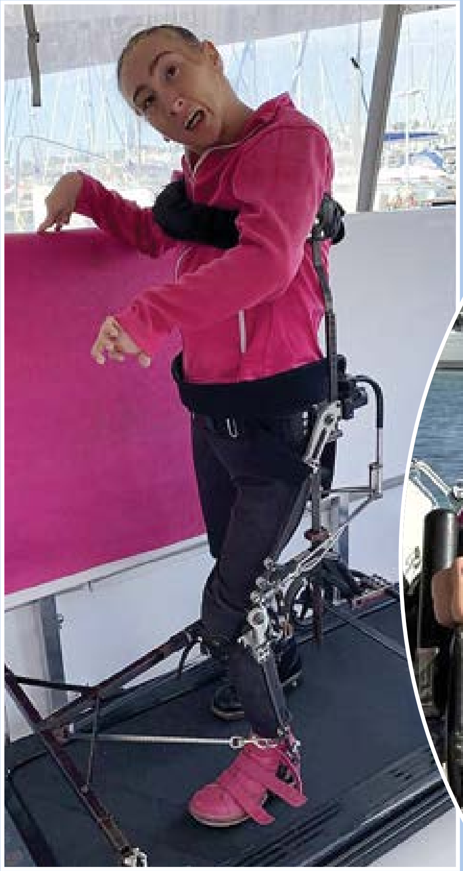
Rachel continues: "Even when people are pushing Tash's wheelchair, they'll just push her out across the road without saying, 'We're turning now.' On the boat, it's all Tash. She decides where we're going and when we're going."

The family started by getting Tash to sail on rivers.

Aged 11, it was time to tackle the Solent, the strait between their home the Isle of Wight and the mainland.

Rachel says: "She sailed across, no fear, all by herself. We were sailing beside her on another boat. She was supposed to stop and let the instructor on, but instead she turned around and kept sailing straight back across. There's a stigma around disabilities and, because Natasha is in a wheelchair, people assume there's a mental disability.

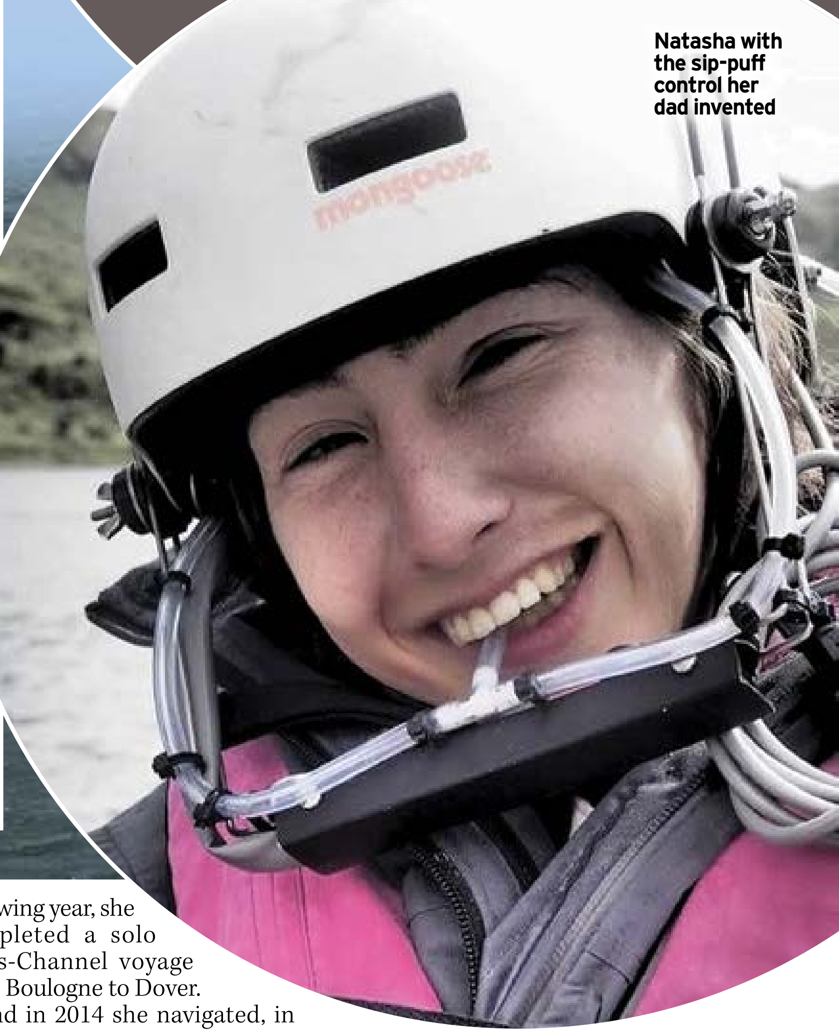
"But in Tash's case, that's not at all true. She has the same hopes, dreams and wants as anyone else. And she's as determined as hell."



Sailor Natasha Lambert with special gear

Natasha with Rachel by the Blown Away

Natasha and Rachel on sailing deck of the Blown Away, *main pic*



Natasha with the sip-puff control her dad invented

Dame Ellen MacArthur

For her first charity challenge, in September 2012, Natasha sailed her boat Miss Isle Too around the Isle of Wight, raising more than £17,000, shared between the Ellen MacArthur Cancer Trust, RNLI and Scope. The following year, she completed a solo cross-Channel voyage from Boulogne to Dover.

And in 2014 she navigated, in stages, along the south coast of Britain up to Wales. She was then named Young Sailor of the Year. In 2015, Natasha and her family set up the Miss Isle School of Sip and Puff Sailing, based in Cowes, and registered as a charity.

It uses the breath-control technology developed by Gary to teach other young people with severe physical disabilities how to sail and skipper boats.

Later that year, Natasha was awarded a British Empire Medal for her charity work. But she is always seeking greater challenges. So, when Dame Ellen MacArthur, who broke the world record for the fastest solo non-stop circumnavigation of the globe in 2005, gave Tash a book on the Atlantic, it was her green light to sail across the ocean.

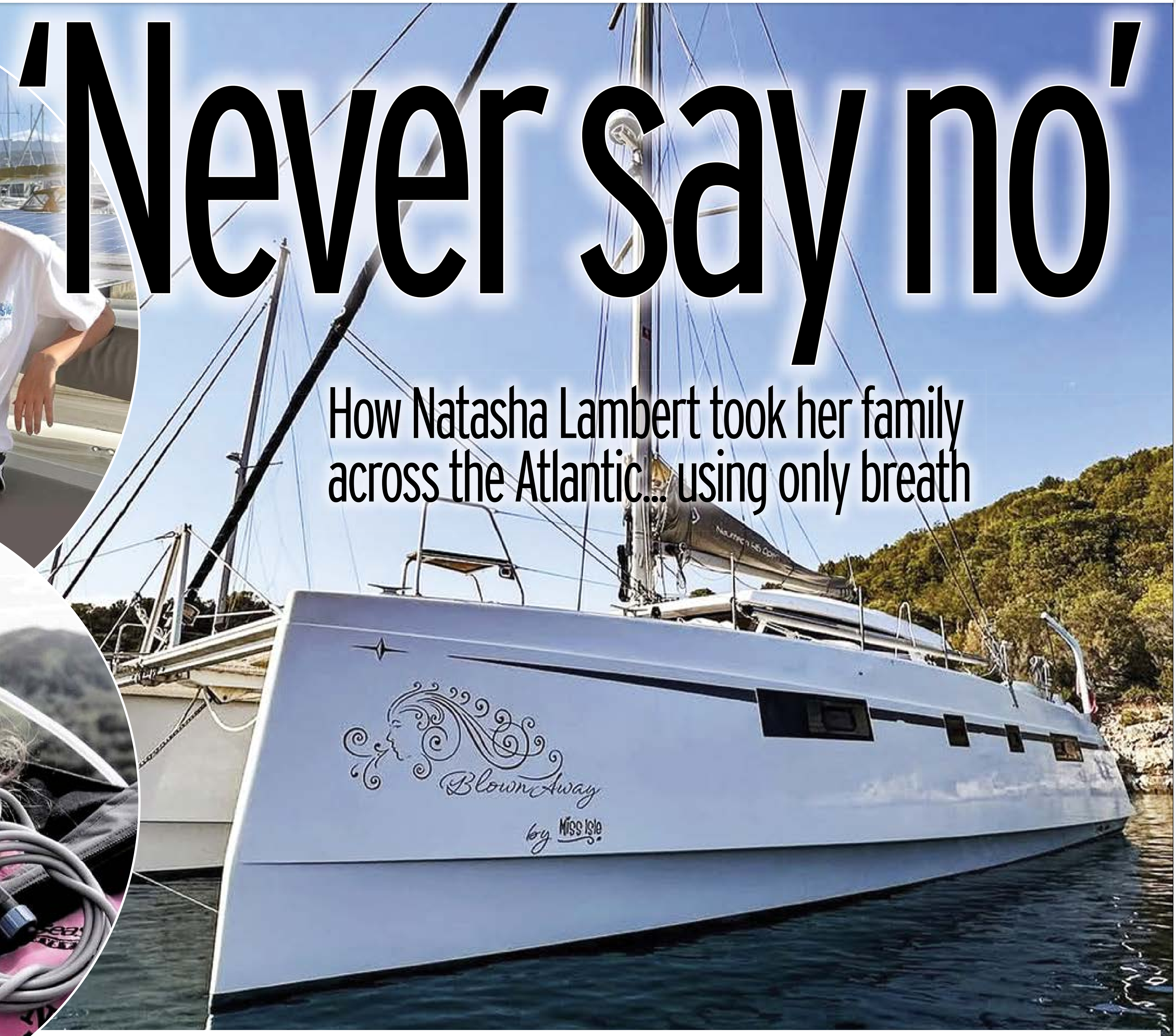
Rachel says of Dame Ellen, also a Wight islander: "She signed it, 'Here's to the next one, Tash'."

Two years of research followed before the family opted for a 46-foot catamaran called Blown Away. Rachel says: "A catamaran is a much more stable platform for Tash's wheelchair and for moving

BE DETERRED FROM ADVENTURE

'Never say no'

How Natasha Lambert took her family across the Atlantic... using only breath



around the boat. There's a little bit more room. Then we started adapting it, which was another two years. Dad tore bits apart, took things out.

"We made doorways bigger, added track, so that Tash could be in a sling in rough weather to go up and down stairs. Of course, Tash's sip-and-puff was added, too."

Mum Mandy was the brains of the operation. Rachel says: "Mum pushed it all forwards. Then it was about training, getting used to the boat, getting used to living on it."

The family of four set sail on November 22, 2020. Natasha was the skipper, supported by a team of five including Rachel, Gary and Mandy.

Midway, they encountered a ferocious storm but Natasha was fearless. Rachel says: "The weather, the ocean, doesn't care if you're in a wheelchair or not. It's going to be the same for everybody.

"It's about skill – and Tash has that in spades." Sailing from Gran Canaria, Natasha and family travelled 3,000 miles to Saint Lucia in 18 days, 21 hours, 39 minutes and eight seconds. The journey was part of the Atlantic Rally for Cruisers event, with more than 50 crews taking part.

Natasha finished 28th. Rachel says: "Tash wanted to carry on when we got there. One of the first things she said was, 'Now let's do the Pacific'.

This year Mandy died from cancer, after being diagnosed last September. So, while they wait for the right time to tackle the Pacific, in November, the sisters and their dad will cross the Atlantic again in her memory.

They are hoping to raise £30,000 for three charities – the Ellen MacArthur Cancer Trust, RNLI, where Rachel volunteers, and the Calvert Lakes activity centre for disabled people, where Natasha first tried sailing.

For Natasha, sailing means liberty. She says: "I don't have a disability on the water. I feel free."

Rachel adds: "I'm incredibly proud of Natasha. Her dream is the catalyst to everything we do."

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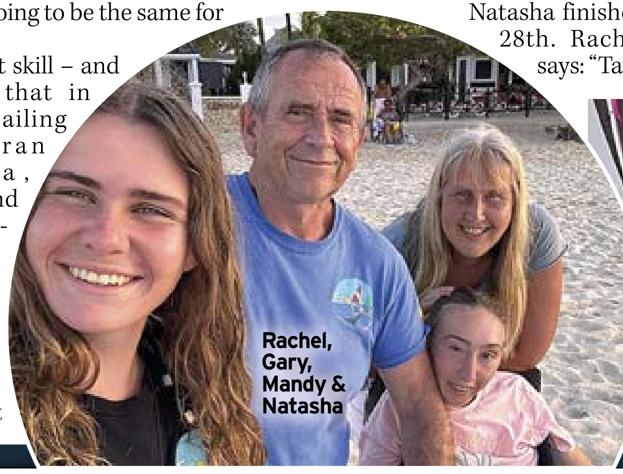
Rachel, Gary, Mandy & Natasha

The Miss Isle Too, boat Natasha uses while close to UK shores
The Pursuit Hunter ARTEMIS

COMMENT: PAGE 14

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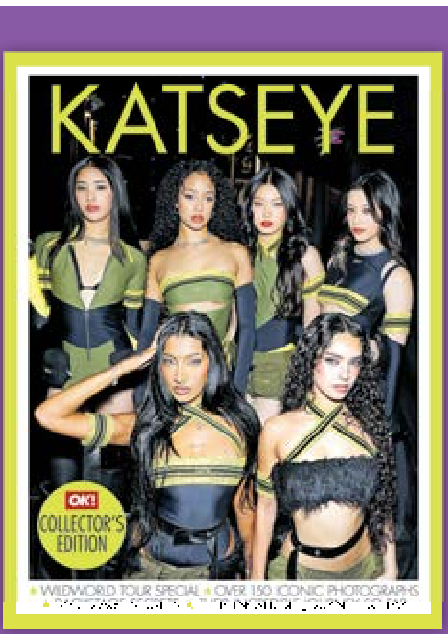
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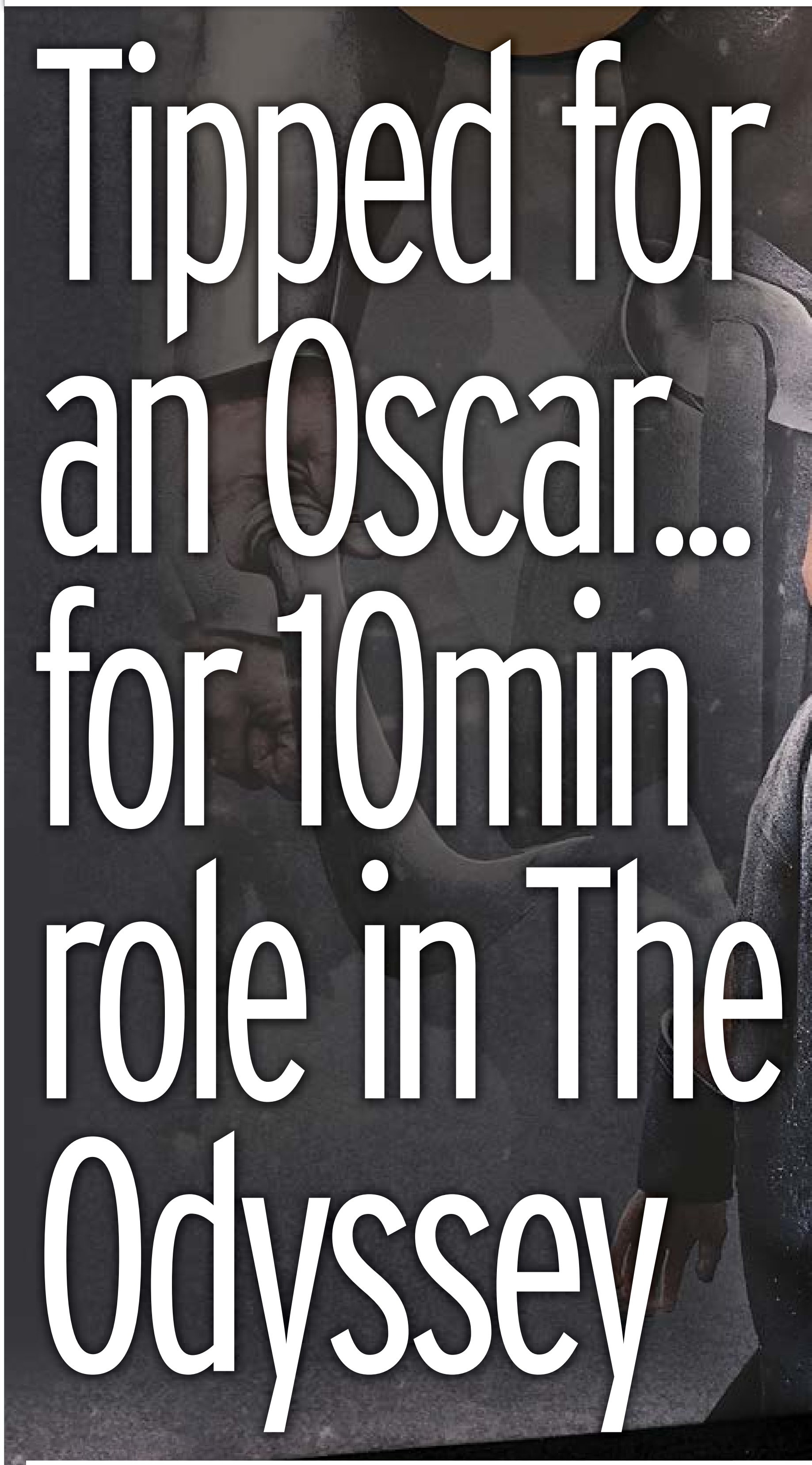

Tipped for an Oscar... for 10min role in The Odyssey

EXCLUSIVE

BY **KEIR MUDIE**

She appears for barely 10 minutes of a three-hour film, yet Samantha Morton, who began her working life as a magician's assistant, has cast the spell everyone is talking about this summer.

The 49-year-old actress has emerged as a surprise contender for next year's Best Supporting Actress Oscar for her turn as the sorceress Circe in Christopher Nolan's hit The Odyssey.

The Nottingham-born actress reads Circe not as the villain of Homer's poem, but as a woman punished by history for what she knew, rather than what she did.

"I think that women in history have often been vilified, whether you're a midwife, a wise woman," Samantha tells The Arts Hour on the BBC World Service.

"I don't think Circe is a baddie at all." Her version, she says, came straight off the page: "My interpretation was what I read on the script, which was phenomenal, and it was multi-layered, because we are, as humans; we're not just two-dimensional. There's been so many interpretations of this woman, this sorceress, witch... But I think that Chris's interpretation of her felt very contemporary."

Samantha's co-stars in The Odyssey include Matt Damon, Anne Hathaway, Robert Pattinson, Lupita Nyong'o, Zendaya

Breakthrough role in Band of Gold, 1995

CASTS A SPELL ON HOLLYWOOD

Anne Hathaway, Lupita Nyong'o, Charlize Theron, Zendaya and Samantha Morton at New York premiere of The Odyssey last month. Inset: Samantha as Circe

'Nottingham lass' **Samantha Morton** steals show in epic as sorceress Circe

and Charlize Theron. She has shared sets with even bigger names over the years, but says the company has never fazed her.

She says: "I've worked with some of those big names before, whether it's Tom Cruise, Johnny Depp, Sean Penn, Philip Seymour Hoffman, Joaquin Phoenix. My history is that I can, you know... Nottingham lass can hold her own.

"I'm not intimidated by anybody really, because if you let those nerves get in the way you can't do your job." Samantha, who lives in East Sussex with her partner, filmmaker Harry Holm, says: "Whether you're working on 35mm or, in this case, it was 70mm IMAX, which they built specially for the film, it's just I'm buzzing like a kid in a sweet shop."

That confidence had been hard won, during a childhood of care orders and foster homes that she revisited on a podcast earlier this year. Her parents could not cope, her father was in and out of prison and she moved with him between home and the care system, never settling anywhere for long.

By 16, she was living in a homeless hostel, and it was there that she wrote her first play. A drama workshop leader gave her the train fare to London to audition for a TV part, and within the week she had the role, an agent and her breakthrough in Band of Gold.

"Acting saved my life," she said. The child who ran away into acting is now among the names Oscar pundits expect to hear when the supporting nominations are read out, with The Odyssey closing in on a billion dollars worldwide and her odds shortening by the week.

Nolan has said her performance of Circe stopped the set, and that after one of her takes the crew broke into a great round of applause. The only other time he had seen that, he said, was with Heath Ledger on The Dark Knight, and he won a posthumous Oscar in 2009.

> "As we shot the scenes, we all knew we were watching something special...

Critics have called her Circe the standout of a film wall to wall with stars. Matt Damon said she was so locked in that she carried the pair of them with her, and that shooting their scenes together, "we all knew we were watching something special".

Should the Oscar come, Samantha – who has three children, Esme, 26, Edie, 18, and Theodore, 18 – would be in select company. Anthony Hopkins won Best Actor for just over 16 minutes as Hannibal Lecter in The Silence of the Lambs. Judi Dench took Best Supporting Actress for around eight minutes as Elizabeth I in Shakespeare in Love, and Beatrice Straight won the same prize in 1976 for little more than five minutes in Network.

Samantha – who gained cult-follower status as Alpha in The Walking Dead – has been nominated twice before, for Sweet and Lowdown in 2000 and In America in 2004.

For all the Oscar talk, she said the reward was the work itself, and a place in something built to last.

She added: "Being part of something that's bigger than any individual is really important in this day and age, because we're living in the age of the I, the me, the Instagram, the selfie, the ego. And The Odyssey is the opposite of that."

■ Hear this interview in full on The Arts Hour, available on BBC Sounds

features@reachplc.com

With husband Harry and son Theodore
Right, with Tom Cruise in Minority Report

Wanted: UK spies

MI5 chiefs seek young Russian specialists

EXCLUSIVE

BY **PATRICK HILL**

YOUNG Russian-speaking spies are being recruited to help combat the threat from despot Vladimir Putin.

Intelligence chiefs from MI5 and GCHQ are jointly launching an 11-week Language Talent Programme next month aimed at finding full-time Russian Language Specialists.

A source said: "The ability to work out what Russia is thinking and doing has never been more important. It is absolutely vital we get the best young minds to help us."

The advert says wannabe spooks should be starting the final year of their degree this autumn, or have graduated in the past three years.

They will be paid £6,380 to £7,059 for the 11-week programme, with locations including Cheltenham, London and Manchester.

If they impress, they will be eligible for jobs starting on £37,892 to £40,248. People who speak Ukrainian are of particular interest to MI5.

MI5 and GCHQ are also launching a separate 11-week Summer Intelligence Internship in Cheltenham and London, aimed at students from ethnic minority backgrounds.

The ad says: "If you don't live nearby – don't let that stop you. We'll cover the cost of accommodation."

Russian president Putin

patrick.hill@reachplc.com

Lord of the dins

L-R Dominic, Elijah, Billy and Sean catch up. Below, in 2001 film

ALL four hobbits reunite for a hobnob over dinner.

Actors Sean Astin, Billy Boyd, Elijah Wood and Dominic Monaghan – best known as Samwise, Pippin, Frodo and Merry in the Lord of the Rings movies – caught up 25 years after the first film's release.

Dominic, 49, said: "Four Halflings. Three cocktails. Two desserts. ONE great night of conversation." Sean, 55, added: "The band's all here."

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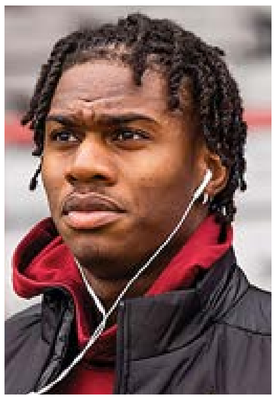

Thierry Nevers got 3 years

Financial probe on drug deal footballer

BY **PATRICK HILL**

A FOOTBALLER who bragged on social media about his drug dealing has been ordered to reveal information about his finances by a judge.

Thierry Nevers, 24, who was at West Ham, Newport County and Bradford City, was jailed for three years in December after he pleaded guilty to conspiracy to supply Class A drugs.

A proceeds of crime hearing at Lincoln crown court heard forensic accounting evidence on Nevers was missing.

Judge James House KC adjourned the hearing until October 2 and warned Nevers: “There is ongoing work in your case.”

BRAGGING

Nevers had been described by Lincolnshire Police as a “known Instagram content maker, bragging about drug dealing in his videos”.

His accomplice, Allan Barrass, 50, is serving 10 years after he admitted three drugs offences and one firearms offence.

The hearing was told Barrass, of Dorrington, Lincs, had made £221,028 from his criminal activity.

He had realisable assets of £13,746, which the judge ordered him to pay back within three months.

Police discovered Nevers was making regular trips from home town Reading to south Lincolnshire.

He last played for a side in Croatia in 2024. Phone searches revealed contact between Nevers and Barrass and evidence of Class A drug dealing.

Barrass was arrested in August last year and a cannabis grow was found in his garage. Officers seized cocaine, £5,860, a baton and a baseball bat.

A loaded sawn-off shotgun was also found.

Meghan’s joy at being a mum...

Meghan and Harry with Lili on birthday and, right, family shot with Archie

SHE might be a duchess, a famous actress and a household name across the globe – but Meghan thinks her only superpower is “being a mum”.

Meghan, 45, told an audience of children that daughter Princess Lilibet makes her feel brave.

The Duchess of Sussex, who also has son Prince Archie with husband Harry, was taking part in a Q&A ahead of the release of her production company’s latest documentary.

Asked in the virtual interview what her superpower is, the duchess replied: “Being a mum.”

“I feel like we have superpowers because we juggle it all and enjoy it all with grace and grit at the same time,” she said.

Asked by another child about what makes her feel brave, Meghan said: “Every day, when I feel a little bit like, ‘Oh gosh, can I do this?’ I go, ‘Lili would do it.’”

The film, Cookie Queens, is a coming-of-age story about Girl Scouts selling biscuits. It premiered at this year’s Sundance Film Festival in Utah, where Meghan delivered a speech.

Cookie Queens was made in a partnership between Harry and Meghan’s media company Archewell Productions, Beautiful Stories and AJNA Films.

The Sussexes formed the production firm, which has an ongoing partnership with Netflix, in 2020.

They have released a series of family snaps this year, including a picture with Lilibet on her fifth birthday in June.

Meghan captioned the image on Instagram: “Our dream girl. Happy 5th birthday, Lili.”

SUPER BOWL

» Ibiza Final Boss plans haircare products launch

» Viral star trademarks shampoo and gel names

EXCLUSIVE

BY **SASKIA ROWLANDS**

A BUILDER with a bowl cut nicknamed the Ibiza Final Boss after going viral last summer plans to launch his own haircare range.

Jack Kay, 26, became an internet sensation last year when he was filmed partying on the Spanish island with his distinctive hairdo.

He has now managed to trademark the words “Final Boss” for a string of potions including hair styling spray, wax, gel, mousse and shampoo.

The papers, approved by the Intellectual Property Office, also give him the scope to create hair dyes, hair masks, and beard oil moisturiser.

Footage emerged online of Kay boogying at Wayne Lineker’s O Beach Club last year.

With his chunky gold chain, designer sunglasses, black vest, and his signature bowl cut, he became the subject of thousands of online comments.

Jack, from Newcastle, claimed he earned £800,000 in just six weeks after he shot to fame, and has reportedly added another £200,000 to his bank balance since then.

He said at the time: “I’m trying to keep myself on a level head with it because I’ve got a little daughter back home. I had nothing growing up so to give her the life when she’s older – she can have anything she wants – is just unbelievable.”

Kay has quit building and has been enjoying the fruits of his celebrity. He drives a £55,000 Range Rover with a private plate, and recently signed a five-figure contract with fashion chain Boohoo Man.

He went on a club appearance tour, returning to Ibiza by private jet and earning a rumoured £60,000 a day.

He cashed in with numerous freebies, including a yacht trip valued at over £10,000. And he reportedly commands £2,000 a post plugging goods and services on Instagram.

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Jack Kay and his famous hairdo

> “I’m trying to keep myself on a level head with it...

JUICE CAUSE

Capri Sun's £3m UK court battle

BY **CALLUM PARKE**

CAPRI Sun is suing its UK manufacturer for more than £3million over claims it failed to make enough of the soft drink.

Swiss-based Capri Sun AG and its UK subsidiary, Capri Sun UK Limited, filed the High Court action against Princes Group earlier this year, documents show.

The papers allege breach of two contracts agreed in 2024, causing "loss and damage" to the drinks firm.

Lawyers for Capri Sun claim Princes suspended production of the product in January, leaving the company unable to fulfil orders to Tesco and other major retailers.

Noel Casey KC, for Capri Sun, adds in the papers: "The claimants estimate their lost revenue from this period to be approximately £2,676,778.18 and their lost profits to be approximately £847,202.11."

A spokesman for Princes Group, which is based in Liverpool, said: "Princes Group does not accept the claims as presented and intends to defend the proceedings."

HALF PRICE TICKETS to York Races Ladies Day

We've teamed up with York Racecourse to give readers half price tickets to the Sky Bet Ebor Festival.

This great offer is valid on the Yorkshire Oaks Ladies Day on Thursday August 20. Ladies Day at York Races is special both on the track and in the grandstand.

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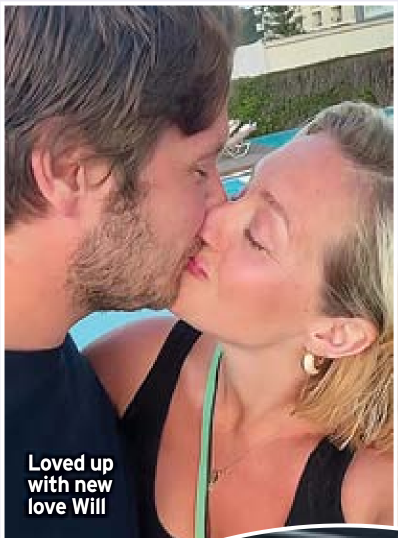
Terms and conditions: Maximum five tickets per person. The half price tickets are not for resale. The offer is only valid on new bookings only. It is valid for Grandstand & Paddock admission on Thursday 20 August, 2026 only. The offer is not valid in conjunction with any other offer. The offer is valid to claim until 11:59pm on Sunday, August 9, 2026.

Mirror

HEARTBREAK

BY **SHELLEY SPADONI** Showbiz Editor

Tom Parker from The Wanted died in 2022



Loved up with new love Will

Kelsey Parker may have suffered immense heartache, but she refuses to let grief stop her from living. And with a baby on the way, she's excited about the future.

The podcaster and performing arts school owner lost her husband, The Wanted star Tom Parker – father of her children Aurelia, seven, and five-year-old Bodhi – to brain cancer in 2022, aged just 33.

It turned her world upside down. However, slowly she found the strength to pick up the pieces and in late 2024, she announced she had found love again with tree surgeon Will Lindsay.

But there was more pain ahead, with the stillbirth of their first child together, son Phoenix, in June 2025.

With a "rainbow baby" on the way, Kelsey, 36, says: "We've been excited since the day we found out I was pregnant again. I just don't let myself go to that dark place of, what if? It's not me."

Speaking to us from her Spanish holiday villa, with children running around in the background, Kelsey looks sun-kissed and content.

But the journey to this point has been one of the toughest imaginable.

It would be understandable if Kelsey had mixed emotions about being pregnant again.

But showing her usual resilience, she says: "We never know what's going to happen in life, do we?

"So there's no point being anxious. We can't control what happens.

"Six years ago, I thought I would still be with Tom, we'd have our kids, we might be planning more kids. But that's just not where my life went."

In an episode of her podcast Mum's The Word! last September, Kelsey revealed that after losing Phoenix, Aurelia blamed Tom: "She was angry with her dad, saying, 'Why is Daddy taking everyone?'"

Now they're excited about having a new brother or sister and are asking a lot more questions this time.

Kelsey says: "We'd lived this experience with Phoenix, and Aurelia does ask me things like, 'Could this happen again?' But what can you say? Because I haven't got the answer for that, have I?

"I left it till very late to tell them this time. My daughter is like a foghorn! So we wanted to keep it quiet for as long as possible.

"My two have already gone through so much, but they're strong. They're the most resilient children you've ever met."

Kelsey has been feeling good physically and mentally. But it took time for her to get here after losing Phoenix.

Two months ago, in an emotional chat on Good Morning Britain, she told how, after a fast natural labour at home, paramedics took her baby out of her arms after only nine minutes.

She felt like her home was labelled a crime scene as no midwife was present and, shockingly, she was then placed in a hospital maternity ward surrounded by newborn babies.

"It took me a long time to be able to talk about what happened with Phoenix, because it was so raw," she says.

"I definitely had PTSD, from how I was treated. You sometimes take your mind back and think, did that really happen to me?"

The outpouring of love she has received since has been a huge source of comfort. She says: "The support has

Kelsey and Will on hol with her children Bodhi and Aurelia

TO HAPPINESS FOR PODCASTER

Kelsey says public support has helped her bounce back from tragedies

I don't let myself ask, what if?

Brave **Kelsey Parker** on hopes for growing family after losing husband and baby

been unreal. I'm so happy I've shared my story now. It felt like a whole year of me bottling it all up and that is not good.

"Anyone who knows me knows that I believe that a problem shared is a problem halved."

In June, Kelsey and Will marked the first anniversary of losing Phoenix.

"I had a triple hit that day," Kelsey says. "It was Phoenix's first birthday, Father's Day and it was Father's Day for Will, too. It was a really hard day. I was very numb."

But she says Will is her "rock", and he never baulks at conversations about her late husband.

"My two absolutely adore Will," she says. "He's lost his dad and has a stepdad, so he truly relates to the situation. And you can see that he's always happy to talk about Tom.

"He would never want to take that away from the children."

While motherhood and work keep Kelsey busy, her main focus right now is keeping herself fit and healthy. "I'm going to be in a total baby bubble soon. I might even take some time off.

"I've got lots organised though, so it's exciting. Like, the buggy's delivered and everything."

Kelsey says she's more focused than ever on making memories with her family these days: "After everything we've been through, just seeing my kids glued to a screen doesn't benefit me.

"I want to spend quality time with them. That's playing games, doing activities, laughing together.

"It means everything."

■ Kelsey has partnered with asmodee, the global leader in tabletop games, to launch its Memory Making Break Points campaign, in which families visiting select Welcome Break service areas this summer can play asmodee travel games and make shared memories.

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Tom and Kelsey had two children together

TOP YOUNG BEACH GRUMBLES

- Dying phone battery 70%
- Gross public toilets 43%
- Trying to find car parking space 30%
- Getting sand in shoes 26%
- Seagull attacks 25%
- Getting sand in food 22%
- Getting sandy feet 21%
- Long walk from the car park to the beach 20%
- Sea too cold 19%
- Too many pebbles 19%

SHORET FUSE

Day at beach outdated for young, says survey

Seagulls pinching chips is one of the major moans

BY **PATRICK HILL**

THE tide is turning on traditional bucket and spade beach holidays, according to research.

A poll found 80% of those aged 14 to 29 reckon a day at the British seaside was old fashioned.

And the Love Island generation weren't slow to explain why a trip to the sea gives them the ick.

The major moan for 70% of the 2,000 young people was their phone running out of juice.

But other sources of stress include filthy toilets, problems finding a car parking space and seagulls swooping in to nick their chips.

Physical conditions of the beach can also be annoying, with people complaining it is too far from the car, the sea's too cold, they get sand on their feet, or it is too pebbly.

Phones seem to matter to Gen Z more than enjoying a day out. Many say poor signal does their head in or panic their tech will get trashed.

More than one in 10 moan they can't see their screen in the sun, and nearly as many sulk as there's nowhere to charge their phone.

While 70% say a dying battery ruins the day, just 37% of Baby Boomers, aged 62 to 80, who managed to survive childhood without a portable power bank, agree.

Three in 10 Gen Z and over a quarter of Millennials, aged 30 to 45, have left the beach early because their phone was running low.

Susan Wells, of eco-tech brand Hive, which commissioned the poll, said: "When the weather heats up, Britain heads to the coast, but beaches rarely offer power. Dead phones and no charging points have become a familiar frustration, especially when people rely on their devices for digital tickets, maps, messaging and mobile payments."

Brits enjoy at least four beach days every summer with 90% saying that some of their best summer memories are from time spent there, proving a little sand in your shoes is still a price many are willing to pay.

When it comes to the most nostalgic seaside holiday memories from childhood, eating fish and chips wrapped in newspaper at the beach is rated by 55%, followed by more than half who valued time with the whole family. Other highlights include penny arcades, collecting seashells and eating sticks of rock.

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Many are miffed by sand in shoes

Phone battery low is a big concern

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Three held in gamble raids

THREE people have been arrested in police raids on suspected gambling dens.

One person was held on suspicion of immigration offences, another for possessing a bladed article and the third for gambling offences, police said.

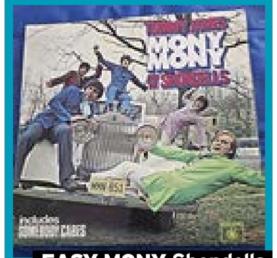
South Yorks Police Chief Supt Jamie Henderson said after the Doncaster and Sheffield busts: "Gambling dens have exploitation, violence and entrenched organised crime."

Tens of thousands of pounds in cash was seized.

ON THIS DAY...

AUGUST 9

in 1968



EASY MONY Shondells

TOP 10 singles

1	**Mony Mony** Tommy James and the Shondells
2	**Fire!** Crazy World of Arthur Brown
3	**I Pretend** Des O'Connor
4	**Mrs. Robinson** Simon And Garfunkel
5	**This Guy's In Love With You** Herb Alpert
6	**I Close My Eyes And Count To Ten** Dusty Springfield
7	**Help Yourself** Tom Jones
8	**Macarthur Park** Richard Harris
9	**Last Night In Soho** Dave Dee, Dozy, Beaky, Mick and Tich
10	**Sunshine Girl** Herman's Hermits

'Bottoms jibe' cop is barred

A POLICE officer who referred to a teenage girl as "local talent" looks set to be barred from the job.

A misconduct panel heard Edward Reed, then a Thames Valley PC, made the remark about a petrol garage worker in 2023.

The panel also heard Reed had commented on colleagues' bottoms, and touched colleagues.

The panel found this was gross misconduct, and said Reed would have been sacked had he not quit.

It indicated Reed should be added to the College of Policing barred list.

End snare traps now

Campaigners want Labour to keep its pledge

EXCLUSIVE

BY **ALEXANDER BROWN**
Associate Political Editor

ANIMAL campaigners have urged the government to deliver on its promise to ban brutal snare traps.

The traps catch running animals by the neck with a wire noose, which tightens around the neck, upper body or legs, causing immense pain and suffering.

The victim will then either be shot by the gamekeeper, or die slowly. Opponents have long been calling for England to ban the cruel and indiscriminate traps, to bring the country in line with Wales and Scotland.

UK government figures show 200,000 of these traps are being used in the English countryside at any one time, but the true figure is likely to be much higher.

HISTORY

The cruel wire traps are set by gamekeepers on large swathes of moorland used for grouse shooting, to kill predatory wildlife such as foxes, thereby maintaining artificially high stocks of grouse so that hundreds of thousands of the birds can in turn be shot for the controversial sport.

Emma Slawinski, the chief executive officer of the League Against Cruel Sports, said: "Snares are cruel and indiscriminate traps which have no place in a nation of animal lovers and should be consigned to the history books.

"We welcome the government's commitment to ban snares and call on them to act soon and introduce legislation to ban them in England and end the suffering and torment our wildlife currently endures."

She added: "The time for change is now. The government is pushing against an open door if they move to ban snares in England, as they have the overwhelming support of the general public."

In 2024, fury erupted over a shocking video of a fox caught in a snare trap on King Charles' country estate at Sandringham, Norfolk.

ILLEGAL

The nauseating minute-long clip, revealed by this paper, showed a terrified fox with a wire snare around its neck as the animal frantically tried to escape.

The Labour Party pledged to ban snares in England in its most recent general election manifesto. Polling, commissioned by the League and carried out independently by YouGov, showed that 71% of people who live in England believe snares should be made illegal in the country.

New PM Andy Burnham has previously spoken about the need to "tackle wildlife crime and cruelty on shooting estates".

A spokesman for Defra said: "We have a strong track record of delivering for animal welfare and our ambitious Animal Welfare Strategy reaffirmed our commitment to ban the use of cruel snare traps that are so damaging to wildlife and pets.

"We are actively looking to bring a ban on snares into force as swiftly as possible."

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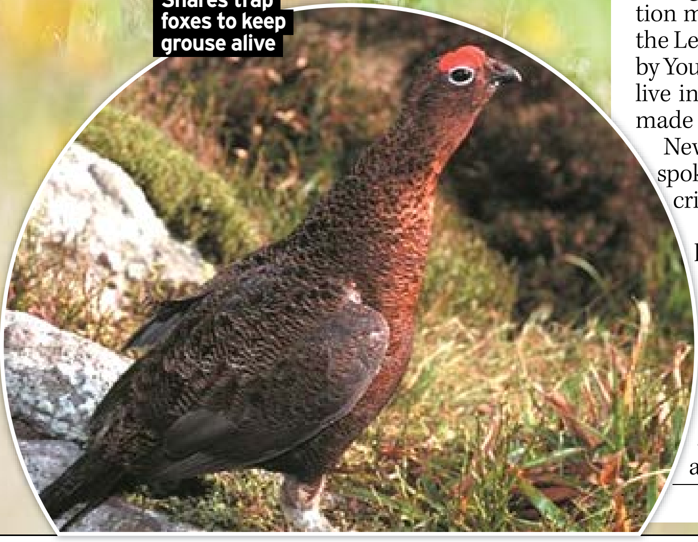
Shooting grouse is considered sport by some

200,000

Minimum number of traps being used in England at any one time, gov stats say

71% of people in England back ban on snares



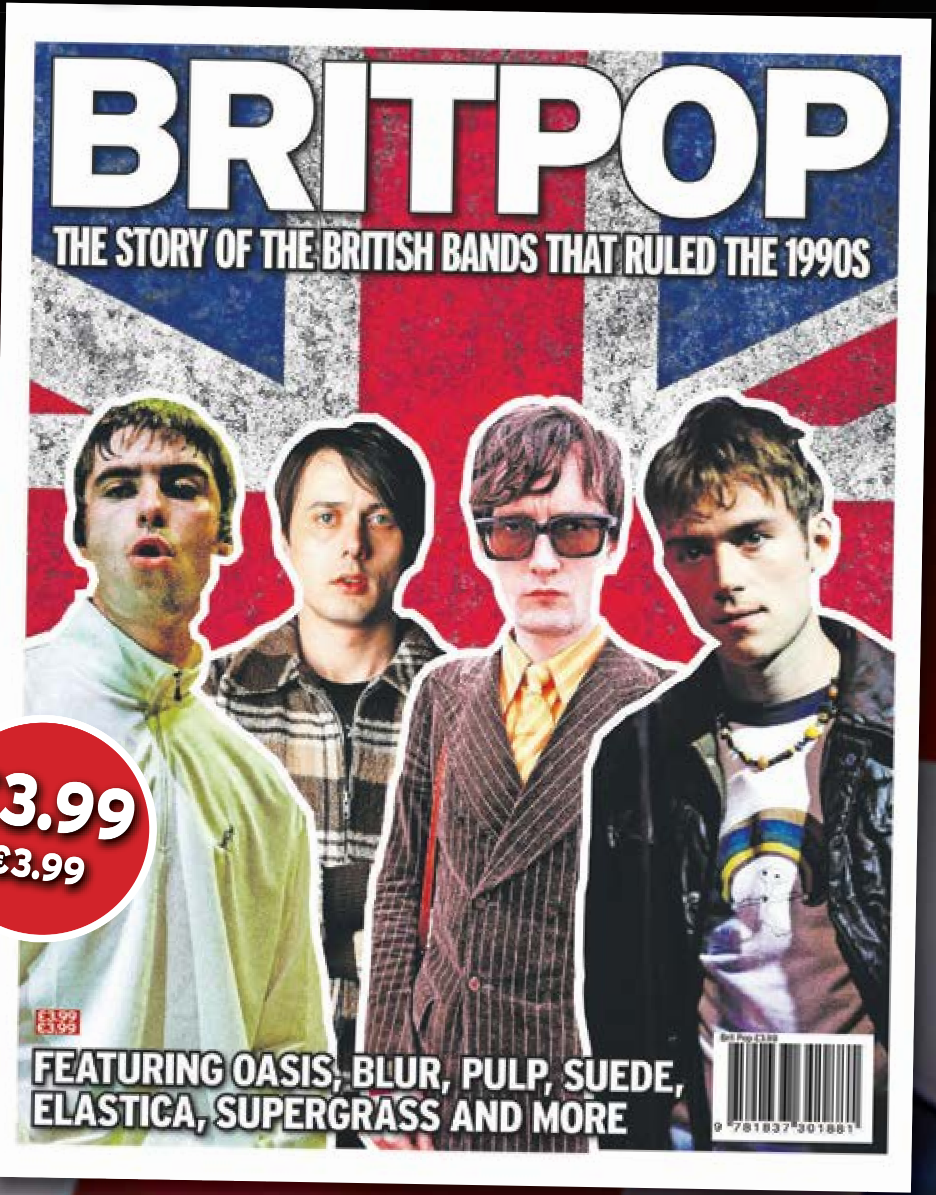
Snares trap foxes to keep grouse alive

Loch of love

Why you'll fall for this highlands gem

SEE TRAVEL: FROM PAGE 33

BRITISH BANDS OF THE 90s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COUNTDOWN

BY **JORDAN LLOYD BECK**

Rachel Riley seems to lead a charmed life with dancer husband Pasha Kovalev, but during the summer holidays it isn't all glitz and glamour.

Like millions of working parents, the Countdown star is juggling the demands of being a mum with a hectic work schedule. And with former Strictly pro Pasha, 46, about to go on tour, the pressure is likely to increase.

But Rachel, 40, explains: "I think the secret is not to worry about being perfect. They don't need both [parents] around all the time, either.

"Things are obviously different in different households, but if your kids are happy, then it doesn't really matter."

Channel 4 maths whizz Rachel fell for the Russian dancer while competing on Strictly Come Dancing in 2013. They married six years later and she is now mum to Maven, six, and Noa, four. However, he's about to head off on a major tour with former Strictly co-stars Brendan Cole, James Jordan, Vincent Simone and Ian Waite called The Legends In Vegas: After Hours.

Rachel admits: "There's always a new challenge. We're constantly lining up the diaries and seeing what works."

But they do find time for each other, if only for moments at a time.

She says: "It does tend to revolve around the kids. We took them to see Matilda and afterwards we saw one of those mobile beaches.

"The kids were quite happy playing in the sand, burying each other, so we just had 10 minutes' peace in a deckchair. It was great."

They are also squeezing in a family trip, with Rachel saying: "We have booked a summer holiday, just so we could all have a few days off together – otherwise it just ends up grabbing time here and there. We've also got a little cruise coming up. I'll be working, but Pasha is coming as my plus one.

"So that'll be nice, because we'll just be stuck on a boat together for a few days."

Noa is also following her sister into school soon, and Rachel says: "I'm so excited. She's been in nursery school for a while, so she already loves learning and has already started reading."

But Rachel, who graduated from Oxford with an applied maths degree before taking over from Carol Vorderman as Countdown's numbers guru, says her daughters are under no pressure to follow her into number-crunching.

She says: "Research shows that kids are better with maths if they're confident with it, so that's all I want.

"My eldest says she wants to be an Olympic gymnast and a maths teacher – either or both, I don't know."

Rachel adds that they don't find it strange that their mum is on TV, saying: "They mostly don't even notice. I think it's weirder for their friends, but to them it's just normal. They do love it when they get the chance to see Pasha perform live. They go absolutely wild when he's on stage."

But they won't get the chance to watch Strictly together as a family when it returns in September with a new line-up and three new hosts – Emma Willis, Josh Widdicombe and Johannes Radebe.

Rachel says: "By the time it comes on, Pasha will be on tour, so he won't even be here. And I'll be with the two

Rachel with her family in Insta pic and, *below*, on Countdown

STAR ON FAMILY LIFE DEMANDS

Mum Rachel Riley as hubby leaves for tour

Rachel with Noa & Maven four years ago

I don't worry about being perfect

Rachel dancing with Pasha on Strictly, 2013

kids by myself, so it will be all about trying to get through the bath and bed routine, really."

Speaking about her 17 years on Countdown, appearing alongside hosts Jeff Stelling, Nick Hewer, Anne Robinson and Colin Murray over the years, she says: "It feels like forever, but also as if no time has passed at all.

"I've been through four presenters now. I've also met some people who say I've inspired them to do a maths degree... it's nice."

Speaking about her big break on the Channel 4 show, she recalls: "It was a whirlwind. I was 22, I finished my degree in June and I'd got the job by October. I didn't have any TV experience at all, so looking back, I was really, really lucky. There was no social media at the time. I'm sure I would just be completely brutalised now, because you're expected to be perfect.

"But thank goodness, back then, I just had the Countdown team around me." She has no plans to leave, saying: "I love doing it and I can fit other things around it.

"As long as people want to watch us, then I'd love to stay."

Rachel is currently fronting a campaign for Energizer, warning parents of battery hazards, called the Summer Safety Swap.

Explaining why she signed up, she says: "Coin batteries are a really serious hazard for young children. It's about starting that conversation now, because too often we only ever hear about something once a horrible tragedy has already happened.

"If a child swallows a coin battery, it's a 999 emergency. There are so many things nowadays parents have to worry about, but this is really serious and can't be ignored."

■ Rachel and Energizer are encouraging families to check their homes for hidden battery hazards and replace old lithium coin ones with new Energizer® Ultimate Child Shield™ batteries, the world's only lithium coin battery that prevents ingestion burns if swallowed.

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3 in 4 small traders on £7 an hr to stay afloat

Survey finds bosses getting under minimum pay

Small business owners can work 50-hour weeks

BY **PATRICK HILL**

MILLIONS of small traders are paying themselves just over half the National Living Wage so they can stay afloat, a study found.

The research suggests three in four small business owners are putting in considerably more hours than the average worker, while being rewarded significantly less.

The study found that 76% of small business owners pay themselves less than £20,000 a year for an average 49.6-hour week – which works out at around £7.75 an hour.

The National Living Wage – the lowest a UK adult over 21 can be paid – is currently set by the government at £12.71.

Campaigners argue even this is far too low.

The findings come from Enterprise Nation's latest Small Business Barometer.

It also found owners are increasingly prioritising staff pay and business costs over taking any financial reward for their own needs.

Enterprise Nation CEO Aaron Asadi warned the situation is unsustainable. He said: "[Business owners are] protecting their teams and their customers by taking the hit themselves." Enterprise Nation's findings also reveal a growing reluctance to borrow. Four in 10 (40%) owners plan to seek external funding in the next 12 months – the lowest level since the Barometer began in Spring 2023.

And those seeking finance are asking for less. Four in 10 want under £10,000, up from a quarter (27%) last year, which may mean they are borrowing cash just to carry on trading.

ALLEVIATE

Two in five (42%) small business owners say they have been paid late by customers during the past year – almost double the 24% to 34% consistently recorded throughout 2023 and 2024.

A proposed Commercial Payments Bill, announced in the 2026 King's Speech, may help to alleviate this debt problem. The bill aims to improve cashflow by capping large companies' payment terms at 60 days.

It also proposes to make interest on overdue invoices mandatory, and to strengthen enforcement against persistent late payers.

According to the Small Business Commissioner, £26billion is tied up in overdue invoices at any one time.

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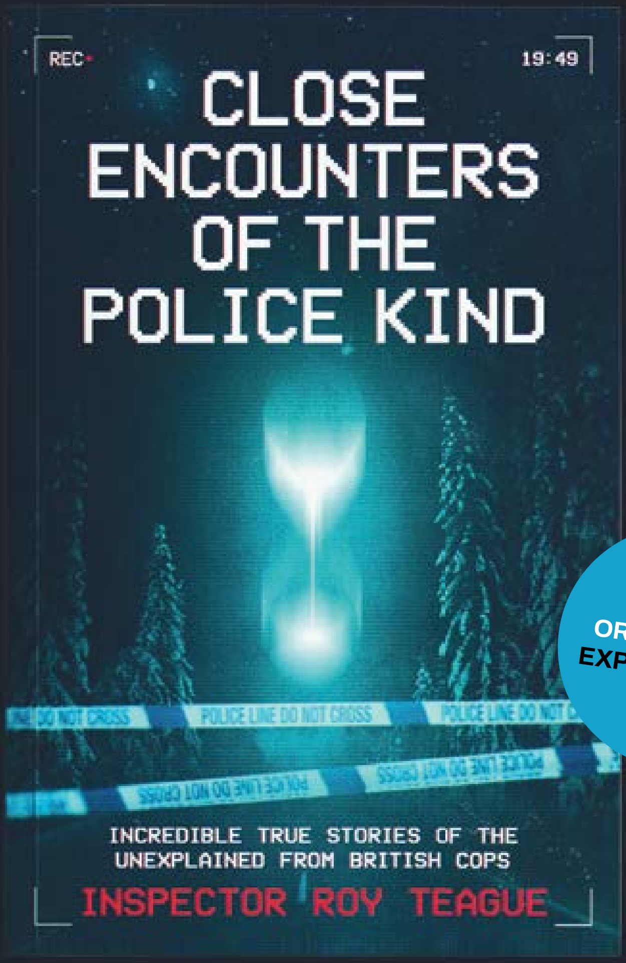
76%
Proportion of small business owners paying themselves under £20k

40%
Proportion of small business owners trying to get external funding

> **“They are protecting their teams and customers by taking hit themselves**
>
> **AARON ASADI** ENTERPRISE NATION CEO ON SMALL BUSINESS OWNERS



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ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

AMAZON

I've more energy now... I love it

Kaiser Chiefs' **Ricky Wilson** says being sober at age of 48 makes rock 'n' roll more fun

BY **SHELLEY SPADONI**
Showbiz Editor

Kaiser Chiefs frontman Ricky Wilson has had some wild parties in his time – but says he's glad he's sober now, because his rock 'n' roll life was getting out of control.

The 48-year-old singer says ditching alcohol has eased his once-crippling anxiety and he's happy to save his crazy energy for when he's on stage.

"Everyone's anxious, to a degree," he says. "But alcohol? Alcohol just makes everything worse. I'm sober now. The anxiety is still there, but it's OK.

"I don't regret anything, though. I'm not saying this is a mantra everyone should live by, but for me, when you hit a bump in the road, sometimes it can allow you to take flight.

"As a band, we still talk about when we were struggling the most as the happiest times. It's a bit like, you remember the sh***y hotel rooms, not the luxury ones."

It's more than 20 years since Kaiser Chiefs burst on to the music scene with indie earworms such as I Predict A Riot and Oh My God – and they lived up to the rock-star cliché of being wild partiers.

Yorkshireman Ricky, who describes himself as an introvert, has said alcohol was originally a crutch for when his anxiety hit, but became an addiction.

When he gave it up, the band even removed all drinks from their rider, to aid his recovery. He once said people "like to see you drinking, so I'd get drunk" to keep up appearances.

He has also joked that if he had shot to fame in the 90s, like Oasis, he would be either "on a yacht or dead".

But the frontman, who has twin girls, four, with his wife, celebrity stylist Grace Zito, says it's not just the late nights he remembers but retreating into his own shell when fame got overwhelming.

Ricky on stage at Glastonbury last year and, *below*, on The Voice in 2016

He says: "There was all the partying too hard, drinking too much, yes – but it also felt so... out of control.

"You're just not prepared for people saying stuff about you that isn't true.

"For about 15 minutes we were pretty famous, and in that time, I withdrew into myself totally, because I was reading stuff every week that was like, 'wow, that didn't happen'... I found it all quite scary."

The former Voice UK judge, who overhauled his lifestyle around 10 years ago – swapping his diet of fast food and daily drinking for healthy meals and running – said success had felt like a double-edged sword.

"It was quite stressful for me. It's that idea of getting everything you dreamed of, but not enjoying it as much as you thought you would.

"These days, I enjoy performing more than I ever did. I've got more energy now."

And one thing he doesn't miss is being on the road nursing epic hangovers. He says: "I was usually there with a towel over my head, sleeping. I've wasted a lot of good journeys on hangovers, let me tell you!"

Ricky had a career resurgence when he became a judge on The Voice UK for three seasons, between 2014 and 2016 – though recollections of his time on the popular talent show vary, he laughs.

"Grace and I would disagree on The Voice, because I said I loved it and she said I hated it.

"I think I took it too seriously.

"I was probably hard to live with while I was doing it because I was worried about it. I would love to do more TV, though."

But he's delighted his ex-colleague Emma Willis has bagged the biggest job on TV as host of Strictly: "I'm absolutely over the moon for Emma. I have no doubt she'll do an amazing job.

"Honestly, to know Emma is to like her."

scoops@reachplc.com

■ Ricky has teamed up with Tempcover to launch Scenic Route Finder, a free interactive tool that helps drivers find scenic alternative routes.

> “
> **I was usually there with a towel over my head, sleeping. I've wasted a lot of good journeys on hangovers**

With celebrity stylist wife Grace

The band at the height of their fame in 2005

Pal Emma

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CELEBRATING

EXCLUSIVE

BY **KEIR MUDIE**

From miners to movie stars, monarchs to Madonna, Timothy Taylor's bitter has taken the world by storm.

It may have started life in a rented Keighley barn, but more than 18 million pints of Landlord are now sold each year, making it the best-selling cask ale in Britain.

Landlord sales alone bring in £81.8million a year.

But the endorsement no marketing budget could buy came in 2003, when Madonna sat on Jonathan Ross's sofa and said it was the best real ale going.

The Queen of Pop had been introduced to Landlord by her then-husband, film director Guy Ritchie, and cheerfully admitted that half a pint was enough to finish her off.

But the True Blue singer doubled down a couple of years later on Parkinson, when she called Landlord "the Champagne of ales".

After that, the brewery's phone rang off the hook as everyone was desperate to try the bitter first brewed in 1952 to slake the thirst of Yorkshire miners.

Hugh Grant became another famous fan and even royalty came calling.

The Prince of Wales was snapped sampling a pint of Landlord as he toured Knowle Spring Brewery in February 2001.

The brewery marked the day with a beer it named Royal Ale, and it was rebranded Celebration Ale for its 150th anniversary in 2008.

It returned for a third time in May 2023 when the prince who sipped Landlord in Keighley was crowned King Charles III.

Timothy Taylor's chief executive, Andrew Carter, said: "It is always flattering when anyone chooses a pint of Landlord.

"Madonna's endorsement remains the most memorable because it was so unexpected, but every genuine recommendation means something to us."

The man who started it all was Keighley tailor Timothy Taylor – and this week marked 200 years since he was born.

He is thought to have started brewing beer after his wife Charlotte's brother Charles died from typhoid after drinking contaminated water.

Andrew said: "It is an important part of our history, but we cannot know exactly what was in Timothy's mind.

"Charles's death appears to have sparked his interest in brewing – possibly because beer offered a safer alternative to contaminated water – but we believe his primary passion was simply to create great beer."

In 1858, Timothy turned a barn and stable in Keighley into a brewery.

His first pubs opened in the booming post-Industrial Revolution town the following year – including The Volunteers, which still pours his beer today.

And in 1863, Timothy moved his brewery half-a-mile up the hill to Knowle Spring – where it remains to this day.

After Timothy's death at the age of 71 in 1898, his sons, Robert and Percy, took the firm on and it has stayed in the family ever since.

The beer that made the company's name arrived almost by accident when, in 1952, Chairman Philip Taylor and his brewers created a strong pale ale.

It was launched the next year as Competition

TAYLORS ALES
OFOR
H 2785

Making beer barrels in 1950s. *Below*, a delivery run in 1977

TIMOTHY TAYLOR'S
CHAMPIONSHIP BEERS
LANDLORD
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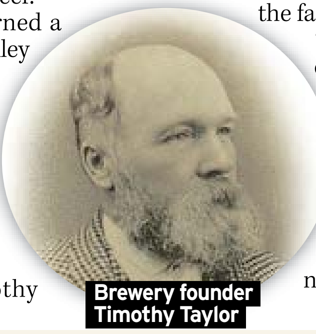
More than 18 million pints of Landlord are sold in the UK each year



Brewery founder Timothy Taylor

200 YEARS OF TIMOTHY TAYLOR

Two workers pose proudly beside a Timothy Taylor's truck in the 1930s

British beer good enough for King Charles and the Queen of Pop

TRUE BREW

Ale, with the competition being a contest to name it.

A steward from the Keighley Drill Hall Club won a £500 prize for suggesting the name 'Landlord', and Philip's art student daughter Roberta drew the jovial Landlord who remains on the label today.

When keg beer swept the trade in the 1960s, Timothy Taylor's remained steadfast and carried on brewing cask ale the way it always had – with whole hops and Golden Promise barley.

And Andy Leman, who became head brewer in 2015, says the single most closely guarded thing at Knowle Spring is not a recipe, but a living culture.

Andy, only the sixth head brewer the company has had since 1858, revealed: "The yeast is the same culture we've been using for 40 years, which we harvest each week."

And it's a tactic that is obviously paying off because Landlord has won more awards than any other English ale. Last year, its sales rose by 3.6%, at a time when the popularity of real ale is falling sharply elsewhere.

And Timothy's 200th birthday was marked in the way the firm's founder would have wanted – with lots of beer. Andrew said: "We marked the occasion by giving away 200 pints of Landlord across our Keighley pubs.

"Timothy would still recognise the Knowle Spring, our spring water and the same uncompromising commitment to quality. He would also be proud that we remain independent and family-owned, with fifth-generation Taylor family members still on our Board."

But he added: "The investment in the brewery, scale and nationwide reach might take him aback slightly, though."

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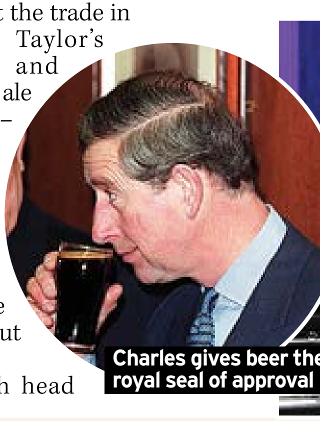
Charles gives beer the royal seal of approval

Madonna sings Landlord's praises to chat show host Michael Parkinson in 2005

Guy Ritchie & Madonna love a pint of Landlord

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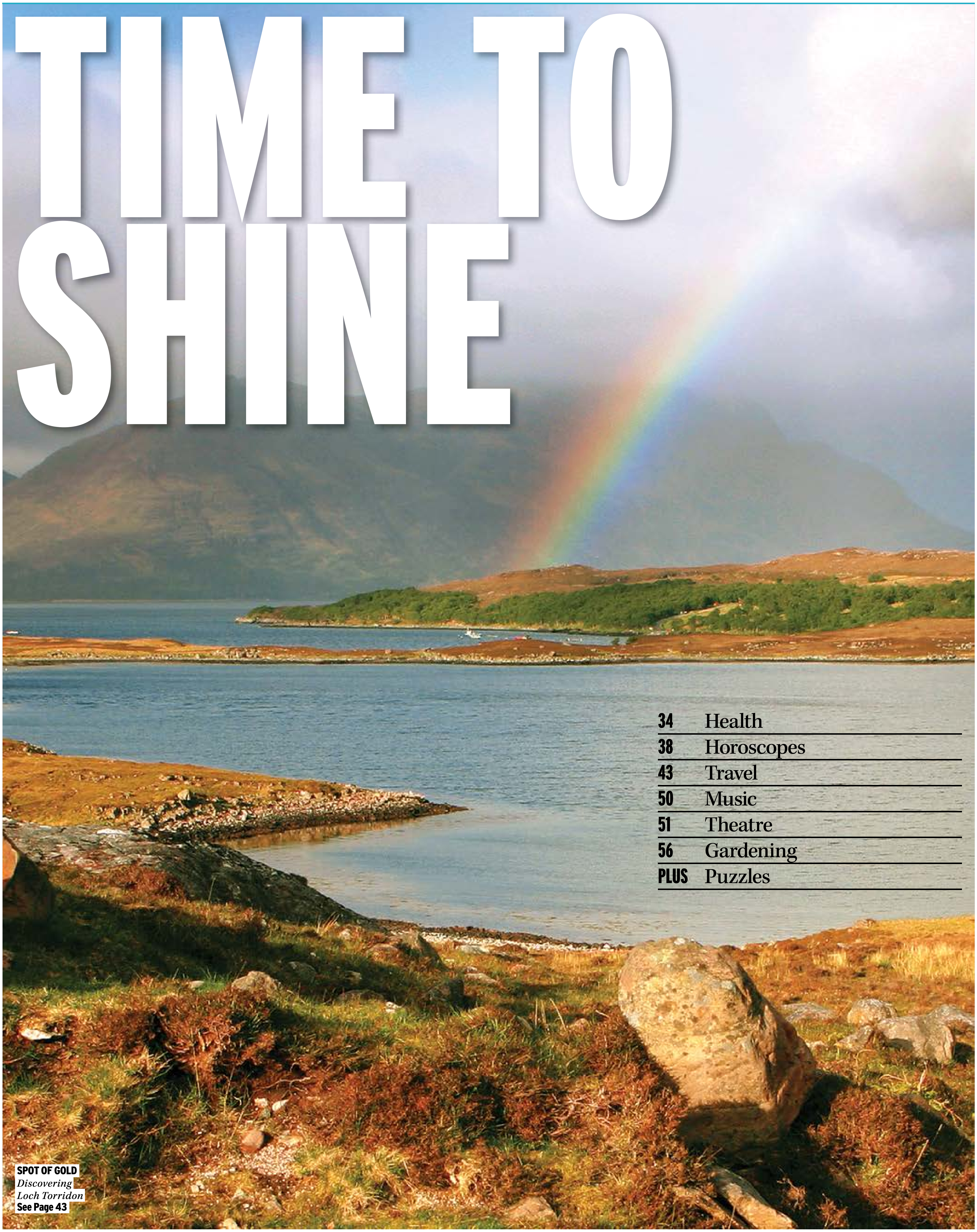

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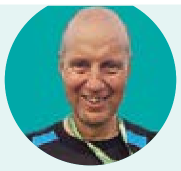
SPOT OF GOLD
Discovering Loch Torridon
See Page 43



LIVE FOR TODAY

Running with terminal cancer By **KEVIN WEBBER**

RESILIENCE *Jackie running the marathon during treatment*

Unstoppable... even on chemo

When I was first diagnosed with cancer and continued to run I remember asking myself was that OK, as everyone around me was not so keen. As time has gone on, not only has continuing to exercise with cancer been proven, in most cases, to be good for you, more people are taking on challenges.

These people inspire me when I have a low moment – people like Jackie. She is also being treated at the amazing Royal Marsden Hospital and I recently spent time hearing about her cancer journey and resilience.

In her otherwise healthy early 50s she went to her GP with what she thought was indigestion. While initial tests showed no issue, she was sent for an endoscopy, which found a "bulky tumour" in her mid oesophagus. Further tests showed it was 7cm and had spread to distant and local lymph nodes. Initial chemo shrunk the main tumour, but the next scan worryingly showed new lymph nodes were cancerous.

Jackie is a keen runner and was determined that cancer was not going to get in her way. It became more often a run/walk but she battled through during treatment. I am sure, as I did, she often felt physically rough and slow at times but mentally elated later.

'Proving doubters wrong gave her the energy'

She also has Sky, a staffie, who loves to run and kept her moving when the going was tough, as dogs do.

Jackie wanted to do something to give back to the Royal Marsden so bravely entered the London Marathon this year. This was her 61st marathon but everything was different, being seven months into treatment. She still finished in what most people would accept as an acceptable time (4.45 hours) but for someone on chemo it was outstanding.

Jackie always had the full support of her family and kept on a tough full-time job as an engineer through her treatment. In many ways, running, fundraising and proving doubters wrong gave her the energy to keep going.

On Friday, Jackie had her last planned treatment and if future scans remain clear (fingers crossed) she will have beaten the cancer. And she now knows just how precious every day is.

The next time you are facing a challenge, be more Jackie, take it head on and keep on going.

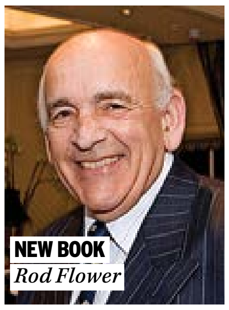
Until next week, Kev

INSPIRING TALE *Meeting Jackie*

HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON & HANNA GEISSLER**

Your lifesaving kit for a desert island



NEW BOOK *Rod Flower*

To illustrate how important they are to our survival, pharmacologist ROD FLOWER – whose new book tells the story of medicines – highlights the 10 key substances you would need to survive an imaginary stranding...

Drugs have been used by humankind since pre-history. In the past they were usually obtained from plants but these days, they are mostly made by industrial chemists. Today, more than 1.2 billion prescriptions are written annually in the UK alone.

The active components of these medicines are drugs and it is the study of these intriguing chemicals which is the main activity of pharmacologists like me. And the excitement of such research has motivated me throughout my career.

My new book, Drugs: The Story of Pharmacology, hopes to capture and convey some of that excitement to the lay person and explain why, where and how we have drugs, where they come from and what they do to our bodies.

Overall, I hope it celebrates their intriguing inner workings and extraordinary healing power.

If they are to be effective, medicines must contain one or more active drugs. In a nutshell, drugs are active chemical substances in medicines which produce changes in living organisms by interacting with the molecular machinery of life.

To show how important drugs are, I am going to imagine a scenario where our aircraft or ship fails and we find ourselves stranded on a deserted island. As you scramble out of the water and onto the sand, your first feelings are obviously those of profound relief but probably also confusion.

You're clearly going to need shelter, food and water as a matter of urgency but, looking a bit further into the future, you are perhaps wondering how you will cope if you are taken ill or injured. Musing upon this problem, you spot a box bobbing up and down in the surf and, wading out to recover it, you find to your delight that it is the aircraft's medical kit.

Prising open the soggy lid you find… well, if it's only a few plasters, you would feel rather despondent, but since this is an imaginary scenario, you will find it contains a quick guide to tropical medicine and 10 selected drugs which should keep you healthy until you are rescued by a passing ship – this is a personal choice and definitely not medical advice for your next trip!

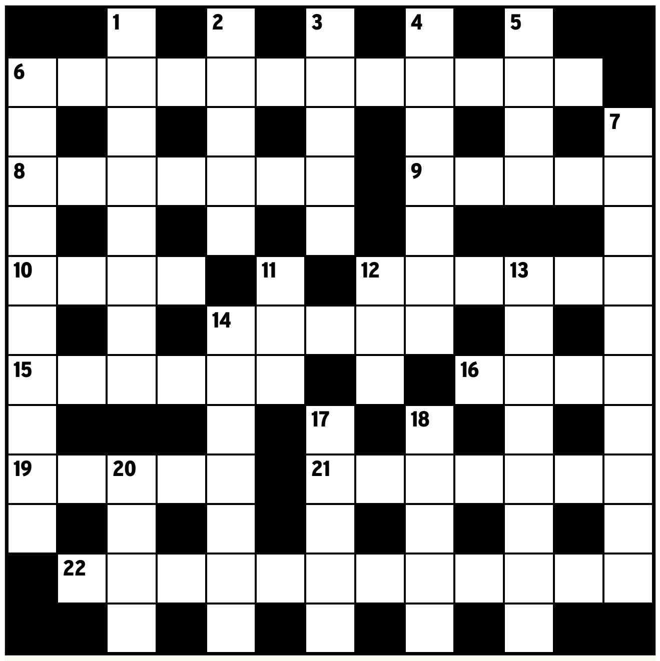
I divide these drugs into three categories: firstly, there are those which have their principal actions on your body to correct or adjust some imbalance; second, those which produce their effect on infectious organisms of various types, and third, a 'lifestyle' category.

PUZZLES

DAILY BRAIN WORKOUT!

QUIZWORD & CROSSWORD

Two sets of clues, two different answers – all on the same grid. Choose one or the other.



QUIZWORD

ACROSS

6 US golfer; 2004 winner of The Open Championship (4,8)
8 Erik –, prime minister of Denmark from 1950-53 (7)
9 Berkshire horse racecourse that hosts the King George VI and Queen Elizabeth Stakes (5)
10 Sultanate in southeast Arabia; capital Muscat (4)
12 Jean –, rugby union lock; 1982 France Test debutant against Romania (6)
14 Primate of Madagascar and surrounding islands with a foxy face and long tail (5)
15 Eddie –, US entertainer who played Steve Carpenter in 1960 film drama Butterfield 8 (6)
16 and 21 2003 romcom starring Ashton Kutcher and Brittany Murphy (4,7)
19 Roger –, actor who played DI Fred Thursday in ITV drama series Endeavour (5)
21 See 16 Across
22 2006 novel by Monica Ali (8,4)

DOWN

1 and 12 Yachting regatta based at Cowes, Isle of Wight, won by Monaco in 2025 (8,3)
2 Board game associated with Mikhail Botvinnik and Jose Capablanca (5)
3 Another name for a catkin (5)
4 – of Aquitaine, mother of Richard I of England (7)
5 State-owned airline created in 1939 by a merger of Imperial Airways and British Airways (inits)
6 1941 horror film starring Claude Rains featuring Lon Chaney Jr in the title role (3,4,3)
7 1989 novel by Wilbur Smith (1,4,2,3)
11 2013 sci-fi drama film starring Joaquin Phoenix written and directed by Spike Jonze (3)
12 See 1 Down
13 Daughter of Herod Agrippa who perished in the eruption of Mount Vesuvius in AD 79 (8)
14 Short-tailed rodent of northern and arctic regions of Europe, North America and Asia (7)
17 Yellowish-brown hard translucent fossil resin used for jewellery (5)
18 Kelly –, model and actress who played Sophia Rossellini in 2004 comedy and drama film School for Seduction (5)
20 1935 opera by Alban Berg (4)

CROSSWORD

ACROSS

6 Kitchen item (6,6)
8 Jittery (7)
9 Stratum (5)
10 Legal inheritor (4)
12 Ideal society (6)
14 Routine boring task (5)
15 Bob Marley's music (6)
16 Biting insect (4)
19 Man-made material (5)
21 Top musician (7)
22 Prisoner's protest (6,6)

DOWN

1 Gregarious songbird (8)
2 Backless seat (5)
3 Accumulate (5)
4 Place apart (7)
5 Tithe (4)
6 Dazed or stupefied (5-5)
7 Sternum (10)
11 Female pronoun (3)
12 Vaselike vessel (3)
13 Tied-up hairstyle (8)
14 Extensive slaughter (7)
17 Smug smile (5)
18 Canvas shelters (5)
20 Praise or glorify (4)

Answers in next week's Sunday Mirror. Can't wait? Check the solutions now! To hear FULL SOLUTIONS and 5 EXTRA CLUES call **0905 789 0001** (80p/min) for the **QUIZWORD** or **0905 789 0002** (80p/min) for the **CROSSWORD**. Or text **QUIZCLUE** or **CROSSCLUE** to **64343** (£1/text) for 5 clues.

30-SEC BRAIN TEASER

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's Challenge. Genius players have 30 seconds to complete their own plus the Intermediate. Good luck!
Solutions in next week's Sunday Mirror

BEGINNER 15	×3	-17	50% of this	-5	×6	+30	÷7	+39	ANSWER
INTERMEDIATE 188	+57	80% of this	+106	Reverse the digits	5/7 of this	+77	5/6 of this	+163	ANSWER
ADVANCED 423	-157	6/7 of this	-32	Take the square root	+174	Increase by 75%	+265	8/11 of this	ANSWER

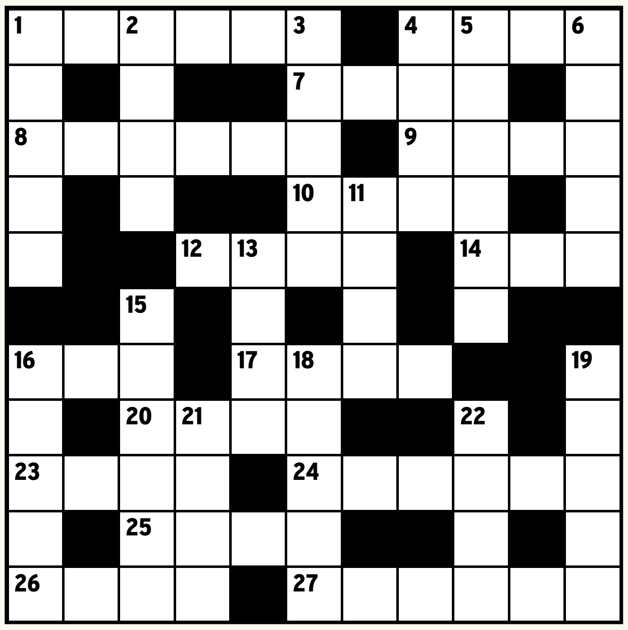
MIRROR GRAM

T	I	L	T	G	A	I	T	E	R

Solve our ten-letter anagram. **Solutions in next week's Sunday Mirror**

TWO-SPEED COFFEEBREAK

Two sets of clues – but the answers are the same.



CRYPTIC CLUES

ACROSS

1 Ragged sort of weapon (6)
4 Advertise bung (4)
7 City of Czechoslovakia (4)
8 The first to permit candle material (6)
9 Amateur only has money (4)
10 Melanie has style (4)
12 Possibly airs a dress (4)
14 Procure from strange tradesman (3)
16 Initially an alien ship (3)
17 Cure using shade (4)
20 Party is a hit (4)
23 Got bigger, in meagre way (4)
24 Changes nowadays past improving (6)
25 Reportedly lift beams (4)
26 Tax is a chore (4)
27 Resemble man with token (6)

DOWN

1 The same two dots (5)
2 German university students get the bird (4)
3 Argumentative sportsman (5)
4 Pale sort of request (4)
5 Laze in drawing room (6)
6 German presenter has spirit (5)
11 Rail about fibber (4)
13 Organise sale of drinks (4)
15 Chap is terrible bore about river temperature (6)
16 Encouraged to be terribly rude with note (5)
18 Follow affair with husband (5)
19 Mopes about at meeting (5)
21 A method of being on holiday (4)
22 Old friend gets a stone (4)

QUICK CLUES

ACROSS

1 Knife (6)
4 Stopper (4)
7 European capital (4)
8 Animal fat (6)
9 Currency unit (4)
10 Dash, flair (4)
12 Indian garment (4)
14 Obtain (3)
16 Flying saucer? (1,1,1)
17 Linen colour (4)
20 Knock (4)
23 Increased (4)
24 Modifies (6)
25 Flatfish (4)
26 Obligation (4)
27 Symbol (6)

DOWN

1 Likewise (5)
2 Sea bird (4)
3 Oarsman (5)
4 Entreaty (4)
5 Living room (6)
6 Spectre (5)
11 Dishonest person (4)
13 Beers (4)
15 Mr De Niro? (6)
16 Advised (5)
18 Pursue (5)
19 Racecourse (5)
21 Not at home (4)
22 Gemstone (4)

Answers in next week's Sunday Mirror. Can't wait? Check the solutions now! TWO-SPEED COFFEEBREAK **0905 789 0003** (80p/min).
TERMS & CONDITIONS: Calls cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. SP: Spoke Interactive Ltd. Helpdesk 0333 202 3390. Min age 18+. All lines close midnight tonight except where stated. Std Trinity Mirror Rules apply, see www.mirror.co.uk/rules.

THE NAME GAME

Hidden in the grid is the name of an actor. Answer the questions, then rearrange the letters corresponding to your answers to fill in the name. **Solutions in next week's Sunday Mirror**

1	2	3	4	5	6	7	8	9	10

BOX1: David Ball was one half of which pop duo?
Tears for Fears (B)
Erasure (O)
Soft Cell (L)

BOX2: Who played Steve, who saves the life of the title character, in 2001 film The Wedding Planner?
Matt Dillon (N)
Matthew McConaughey (U)
Matthew Perry (R)

BOX3: Which of these dishes might have croutons scattered on the top?
Coq au vin (L)
Lancashire hotpot (U)
Caesar salad (A)

BOX4: Ramona Quimby and Henry Huggins are creations of which children's author?
Judith Kerr (A)
Julia Donaldson (G)
Beverly Cleary (L)

BOX5: What, in the Late Middle Ages, was an escoffion?
A piece of headwear (E)
A sweetmeat (V)
A type of artillery projectile (K)

BOX6: The Krestovsky Stadium is located in which country?
Germany (I)
Russia (A)
Sweden (O)

BOX7: Ana Matronic was previously the lead singer of which band?
Scissor Sisters (S)
Evanescence (O)
The Darkness (E)

BOX8: What, in Japanese cuisine, is tataki?
A method of preparing meat or fish (M)
A frozen dessert (O)
A knife used to cut sushi (F)

BOX9: Which of these fruits is not classified as a pome?
Grape (C)
Apple (P)
Pear (E)

BOX10: Katherine Heigl (pictured) played Dr Izzie Stevens in which US medical series?
House (T)
Grey's Anatomy (P)
ER (D)

SPEEDBREAKER TARGET TIME: 14:47

£200 TO BE WON!

Test your codecracking skills against us! We took 14 minutes and 47 seconds to complete this puzzle – can you do better? We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. The completed grid will include all letters of the alphabet. If you find it hard to get going, call the Extra Letter line where you will also find a little bit of extra help. Remember, none of the answers are proper nouns. **Solutions in next week's Sunday Mirror**

A B C D E F G H I J K L M N ~~O~~ P Q R S ~~T~~ U V ~~W~~ X Y Z

1	2	3	4	5	6	7	8 W	9	10	11	12	13
14	15	16	17	18	19	20 O	21	22	23	24 T	25	26

Which letter is represented by the number '1' in today's Speedbreaker?

Call **0904 161 1111** (£1.50/call plus network access charge) **or text SPEED and your answer, name, house number (or name) and postcode to 88833** (£1.50/text plus network access charge). Weekly winner printed on Saturday's Daily Mirror.

SOLUTIONS
Call 0905 789 0006 (80p/min plus network access charge) **for 5 extra letters or the full solution, or text SPEEDCLUE to 64343** (£1/text plus network access charge) **for 5 extra letters. Deduct one minute from the target time for each extra letter used.**

21	8	15	15	11	■	23	■	■	2	■	■	6
24	■	5	■	■	10	18	17	10	16	23	19	17
19	5	9	18	23	■	19	■	■	1	■	■	18
1	■	4	■	19	7	17	19	21	18	20	5	21
18	■	■	■	3	■	■	■	■	10	■	■	12
16	5	13	18	11	■	10	26	20	18	10	15	■
3	■	■	5	■	■	16	■	■	19	■	■	7
■	2	19	18	23	15	1	■	11	23	19	5	15
7	■	■	25	■	■	■	■	16	■	■	■	17
23	16	22	16	17	18	20	16	21	■	20	■	21
16	■	■	18	■	■	14	■	26	18	5	14	15
6	23	19	24 T	8 W	20 O	17	3	■	■	23	■	17
6	■	■	4	■	■	15	■	12	19	4	19	12

JUST A BIT OF FUN

Which one of our three definitions is correct?

GRAVEN

① Carved

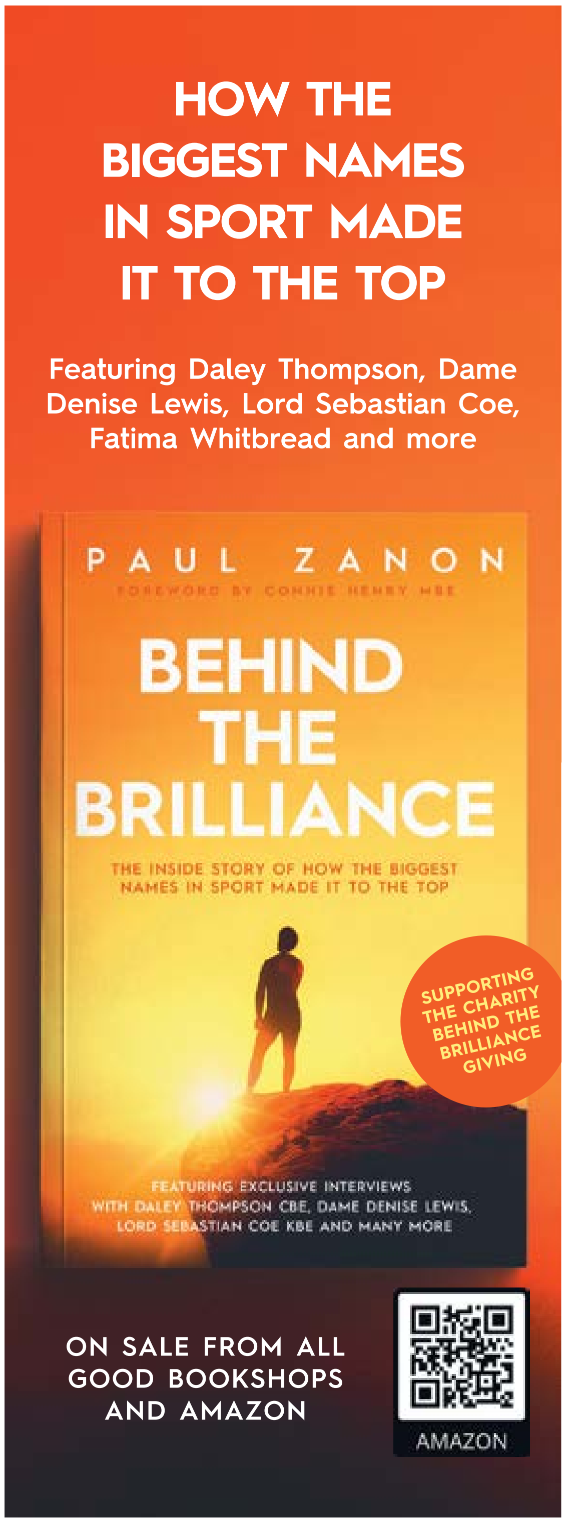
② Rounded stones

③ Coward

Solutions in next week's Sunday Mirror

Scribble pad

TERMS & CONDITIONS: Competition lines close midnight Friday. One winner will be randomly selected from all correct entries between Saturday and midnight Friday. Min age 18+. You may receive free promotional messages, to opt out send NOINFO to the shortcode (ie 88833 or 64343). SP: Spoke Interactive Ltd. Helpdesk 0333 202 3390. Full T&C's at www.mirror.co.uk/rules.


HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP

Featuring Daley Thompson, Dame Denise Lewis, Lord Sebastian Coe, Fatima Whitbread and more

PAUL ZANON
FOREWORD BY CONNIE HENRY MBE
BEHIND THE BRILLIANCE
THE INSIDE STORY OF HOW THE BIGGEST NAMES IN SPORT MADE IT TO THE TOP
SUPPORTING THE CHARITY BEHIND THE BRILLIANCE GIVING
FEATURING EXCLUSIVE INTERVIEWS WITH DALEY THOMPSON CBE, DAME DENISE LEWIS, LORD SEBASTIAN COE KBE AND MANY MORE

ON SALE FROM ALL GOOD BOOKSHOPS AND AMAZON

AMAZON

ARROW WORD

Arrow Words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows. **Solutions in next week's Sunday Mirror**

_ Lanca-shire, actress	Rut Be there at	↴	Footwear item Nabbed	↴	Fruit type	↴	Nutty sweet	Deals with	↴	Small island Cooperate	↴				
↳	▼		▼		Yearly records	▶	▼			▼					
Canadian city A supply	▶							Nothing	▶						
↳					Ice cream dish	▶									
Night before	▶			Embrace Dealers	▶			Ignited Code word for K	▶						
Bird's home	▶			▼	Forms Muslim ruler	▶		▼			Hair-dresser's shop				
_ Affleck, pictured		Formal essays Baby's toy	▶		▼						▼	Note value	↴	Vision Lowest floor	↴
▼	Paper quantity	▼ ▶				_ Henman, ex-tennis player	Religious images		_ Mun-chetty, pictured	Defence plea Subsides	▶			▼	
	Extra Second-hand	▶				▼	▼		▼	▼		Horse	▶		
↱	▼		_ Dier, footballer Had food	▶				Do away with Genuine	▶						
Pistachio, say Celebrity	▶		▼		_ Freeman, US actor	▶		▼				Encount-ered Unclothed	▶		
↱					Potato, e.g.	Tidy Foolish	▶				Minus	▼	Educator		_ Lynam, TV host
Sashes Jack _, comedian	▶			Travel permit Colour	▶ ▼	▼			Overjoyed	▶	▼		▼		▼
				↳			Compass point		Tranquil	▶					
				Alcoholic spirit	▶		▼	Romantic appoint-ment	Tells fibs	Chairs Finish	▶				
				Learn new skills	Great quantities Newt	▶		▼	▼	▼		Primate		Over the top (1,1,1)	Affirmative
				↳	▼						Nautical cry	▶ ▼		▼	▼
				Was the right size Imprints	▶						_ Doherty, Libertines frontman	▶			
				↳						Events sure to happen	▶				

SU-DOKU CORNER

EASY SU-DOKU

	8	5			2		3	6
4			6	8		2		5
		6		9				
5	6				7		2	
		8	4	5	9	1		
	9		2		8		5	
		9				3		
8				3	5			1
6	4		7			5		9

The rules for Su-doku couldn't be easier. All you have to do is fill the empty squares so that each row, column and 3x3 block contains all the numbers 1 to 9.

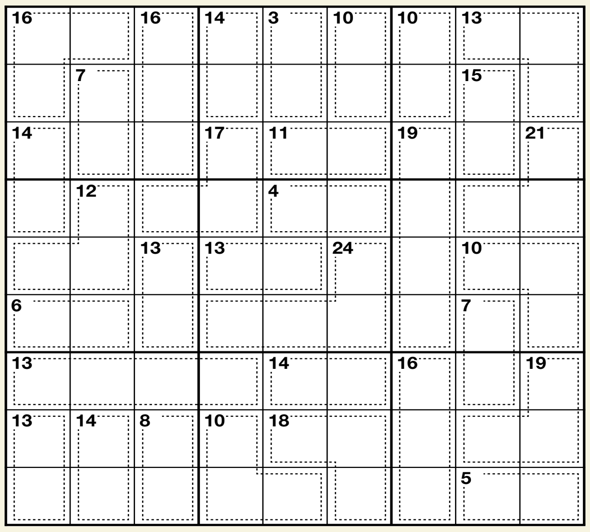
SU-DOKU TOUGHIE

9	6			4				
			9			5		8
				5			4	
	8		3		5			1
		7				3		
	1		8		4			5
				2			9	
			4			6		2
8	4			1				

The rules for Su-doku are easy, but this one's a toughie! Each number from 1 to 9 must appear only once in each horizontal and vertical line, and only once in each 3x3 grid.

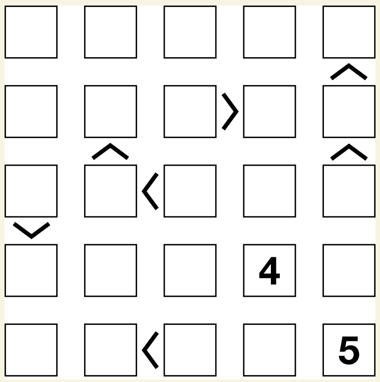
CHECK THE SOLUTIONS NOW! To hear 5 NUMBER CLUES or FULL SOLUTIONS call **0905 789 0004** (80p/min + network access charge) for the **EASY SU-DOKU** or **0905 789 0005** (80p/min + network access charge) for the **SU-DOKU TOUGHIE**. Or text **EASYCLUE** or **TOUGHCLUE** to **64343** (£1/text + std rate message) for **5 CLUES**.

KILLER SU-DOKU



Killer Su-doku is based on the traditional grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But the dotted squares must be filled with numbers that add up to that in the left corner. **Solutions in next week's Sunday Mirror**

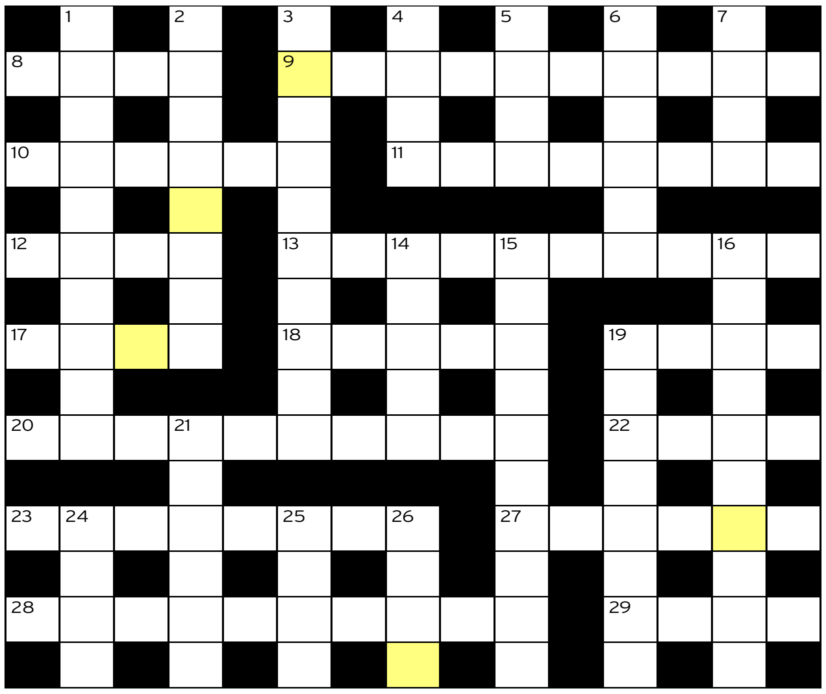
FUTOSHIKI



Fit the numbers 1 to 5 in each row and each column, making sure that no number is repeated. The only symbols to guide you are the "greater than" (>) and "less than" (<) signs. **Solutions in next week's Sunday Mirror**

£250 STAR SEARCH

Fill in the crossword and the shaded squares will spell out the name of a celebrity – this is your prize answer. **Solutions in next week's Sunday Mirror**



ACROSS

- **8** Structure built out over the sea (4)
- **9** Wiltshire prehistoric monument (10)
- **10** Caroline Aherne's character in The Royle Family (6)
- **11** Song from The Rocky Horror Picture Show (4,4)
- **12** A Man Called _, 2023 Tom Hanks film (4)
- **13** _ Modern Millie, 1967 musical film starring Julie Andrews (10)
- **17** _ Lane, Superman's love interest (4)
- **18** Thoughts (5)
- **19** Porcine title character from a 1995 family film (4)
- **20** Legendarily long-lived Old Testament character (10)
- **22** _ Ó Briain, Irish comedian and Mock the Week host (4)
- **23** Dorset seaside town which hosted sailing events at the 2012 Olympics (8)
- **27** _ Blake, Scooby-Doo character (6)
- **28** Advantageous (10)
- **29** West End district (4)

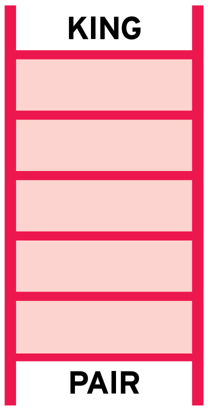
DOWN

- **1** Italian vegetable and pasta soup (10)
- **2** The _, TV reality series hosted by Claudia Winkleman (8)
- **3** Determines (10)
- **4** Usain _, Jamaican sprinter (4)
- **5** Time _, TV archaeology series (4)
- **6** Harry Potter's owl (6)
- **7** Character played by Marty Feldman in Young Frankenstein (4)
- **14** Tatum _, Oscar-winner for the 1973 film Paper Moon (5)
- **15** At the expected time (2,8)
- **16** Mazes (10)
- **19** The Grand _ Hotel, 2014 Wes Anderson comedy drama film (8)
- **21** British horror film production company (6)
- **24** Old Red _ is Back, The Beautiful South song (4)
- **25** Single item (4)
- **26** David _, The Thin Blue Line and Four Weddings and a Funeral actor (4)

HOW TO ENTER: Call **0904 161 2050** (£1.50/call). Or text **SMSTAR** followed by a space and your answer, name, house number (or name) and postcode to **88833** (£1.50/text). FOR 5 CLUES and FULL SOLUTIONS: **0905 789 0008** (80p/min) or text **STARCLUE** to **64343** (£1/text) for 5 clues. Winner drawn at random after lines close at midnight every Saturday. SOLUTION CALLS cost 80p/min plus your phone company's access charge. Texts cost £1 + 1 standard network rate message. COMPETITION CALLS cost £1.50/call plus your phone company's access charge. Texts cost £1.50 + 1 standard network rate message. You may receive free promotional messages, to opt out send NOINFO to the shortcode (ie 88833 or 64343). Lines close at midnight tonight except where stated. You must be 18+ to enter and T&C's apply, see www.mirror.co.uk/rules. SP: Spoke Interactive Ltd. Helpdesk 0333 202 3390. Sunday 26 July winner: R Brighton, Great Yarmouth.

WORD LADDER

Using the clues provided, fill in each step of the ladder with a new word, changing one letter at a time. **Solutions in next week's Sunday Mirror**



Generous

Skin

Monetary unit

Attack

Settled a bill

BRICKWORK

Enter the solutions to the clues in their numbered layers of the wall. Each word must be an anagram of its neighbours, plus or minus one letter. **Solutions in next week's Sunday Mirror**

1	☐☐☐	Owns
2	☐☐☐☐	Hasty
3	☐☐☐☐☐	Long-eared mammals
4	☐☐☐☐☐☐	Look for
5	☐☐☐☐☐	Units of land
6	☐☐☐☐	Speed competition
7	☐☐☐	Automobile

LAST SUNDAY'S SOLUTIONS

QUIZWORD

ACROSS: 6 Privy Council, 8 Dimples, 9 Alpha, 10 Ruru, 12 Marram, 14 Oscan, 15 Wharfe, 16 Zinc, 19 Korda, 21 Paprika, 22 Bicentennial.
DOWN: 1 Tia Maria, 2 Nyala, 3 House, 4 Andaman, 5 Wisp, 6 Paderewski, 7 Carmichael, 11 Ise, 12 Man, 13 Rhinitis, 14 Of Games, 17 Spitz, 18 Spinx, 20 Ruiz.

CROSSWORD

ACROSS: 6 Venus flytrap, 8 Edition, 9 Llama, 10 Flee, 12 Pagoda, 14 Titan, 15 Notion, 16 Lima, 19 Eaves, 21 In check, 22 Deliberation.
DOWN: 1 Incident, 2 Aspic, 3 Clone, 4 Italian, 5 Saga, 6 Viewfinder, 7 Banana skin, 11 Fin, 12 Pay, 13 Olive oil, 14 Topsoil, 17 Lines, 18 Scrap, 20 Veer.

TWO-SPEED COFFEEBREAK

ACROSS: 1 Pickle, 4 Seed, 7 Noun, 8 Robust, 9 Eggs, 10 Rota, 12 Days, 14 Gas, 16 Bet, 17 Loot, 20 Rhea, 23 Aria, 24 Slight, 25 Kiwi, 26 Deer, 27 Serene.
DOWN: 1 Purge, 2 Cube, 3 Entry, 4 Suet, 5 Engage, 6 Doses, 11 Oslo, 13 Able, 15 Strike, 16 Bland, 18 Oasis, 19 Title, 21 Hair, 22 Ogre.

30-SEC BRAIN TEASER

Beginner 77, Intermediate 243, Advanced 266.

MIRRORGRAM

OVEREXPOSE

Any queries? Email puzzles@reachplc.com

SPEEDBREAKER

1=A, 2=B, 3=C, 4=E, 5=T, 6=D, 7=U, 8=Y, 9=X, 10=P, 11=J, 12=V, 13=W, 14=H, 15=R, 16=N, 17=Z, 18=G, 19=L, 20=S, 21=F, 22=M, 23=O, 24=I, 25=K, 26=Q.

JUST A BIT OF FUN

3 Lively

NAME GAME

MANDY MOORE
1M, 2E, 3O, 4R, 5O, 6M, 7Y, 8D, 9A, 10N.

WORD LADDER

Roll, Toll, Till, Tile, Rile, Rice, Dice

BRICKWORK

Red, Dire, Drive, Drivel, Devil, Vile, Lei.

£250 STAR SEARCH

ACROSS: 6 Fanfare, 7 Robot, 9 Brie, 10 Los Angeles, 11 Gets away, 13 London, 15 Jada, 17 Hanna, 18 West, 19 Evades, 20 Sergeant, 23 Transience, 26 Lola, 27 Zebra, 28 Sweeney.
DOWN: 1 Understand, 2 Marlow, 3 Tess, 4 Prunella, 5 Able, 6 Farce, 8 The gods, 12 Yonks, 14 New Zealand, 16 Alvarez, 17 Hospital, 21 Reeves, 22 Nelly, 24 Nibs, 25 Ness.
HIDDEN STAR: Toby Jones

EASY SU-DOKU

8	9	3	2	4	5	7	6	1
7	5	4	3	6	1	8	2	9
1	6	2	8	7	9	5	4	3
3	4	6	9	1	8	2	5	7
9	1	8	5	2	7	4	3	6
5	2	7	6	3	4	1	9	8
6	8	5	1	9	2	3	7	4
2	7	9	4	8	3	6	1	5
4	3	1	7	5	6	9	8	2

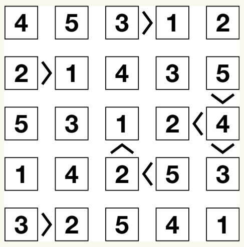
SU-DOKU TOUGHIE

5	8	4	6	7	3	9	1	2
6	3	7	2	9	1	5	4	8
1	9	2	4	5	8	6	3	7
3	6	9	7	2	4	1	8	5
7	2	1	8	6	5	3	9	4
4	5	8	3	1	9	2	7	6
8	4	6	1	3	2	7	5	9
2	1	5	9	4	7	8	6	3
9	7	3	5	8	6	4	2	1

KILLER SU-DOKU

9	7	3	2	6	5	8	4	1
2	8	4	3	1	7	5	6	9
1	6	5	8	9	4	7	2	3
7	1	9	4	5	2	3	8	6
8	4	6	1	7	3	2	9	5
5	3	2	9	8	6	4	1	7
6	2	7	5	4	1	9	3	8
4	9	1	7	3	8	6	5	2
3	5	8	6	2	9	1	7	4

FUTOSHIKI



ARROW WORD

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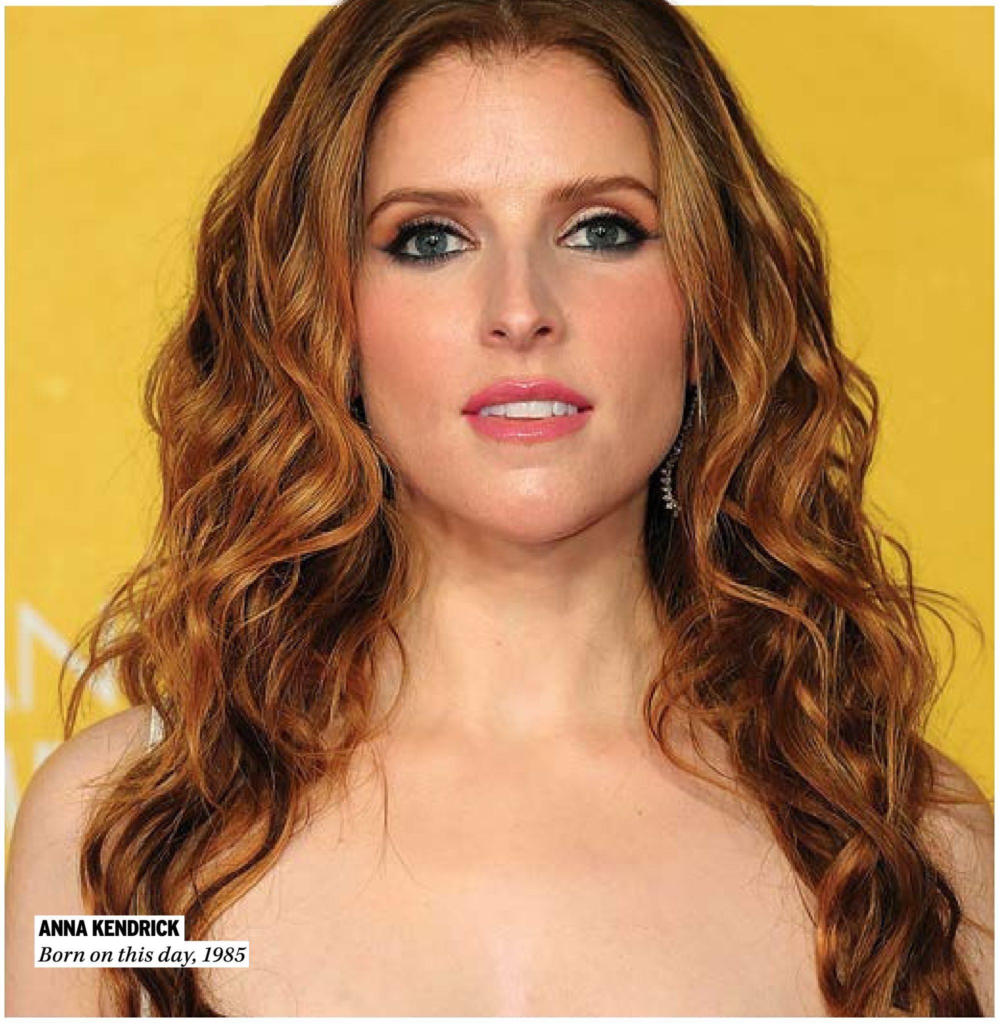
RUSSELL GRANT



ANNA KENDRICK
Born on this day, 1985

ARIES MARCH 21-APRIL 20

Something feels slightly off, and instead of brushing it aside, deal with it. Emotions at home or in close relationships may clash with what you want things to be. Talk it through. A conversation will clear more than avoidance. Be flexible, not reactive. Once you face what's actually going on, your priorities will sharpen, and things will feel far more manageable.

For more call **0905 789 4171**
(80p/min + network access charge)

TAURUS APRIL 21-MAY 21

Emotions are running close to the surface, and conversations could feel more intense than usual. Don't take that as a bad sign – it's an opportunity. Say what you mean, but say it kindly. You'll get further. Take a bit of time for yourself too; you don't need to solve everything in one go. Clarity comes gradually when you stay calm and honest.

For more call **0905 789 4172**
(80p/min + network access charge)

GEMINI MAY 22-JUNE 21

You're pulled between what you want and what supports you in the long term. That tension is useful – pay attention to it. A creative idea or financial decision needs a bit more thought before you rush in. Talk things through with someone you trust. Your insight is strong, but it benefits from reflection. This is about aligning your choices with what matters.

For more call **0905 789 4173**
(80p/min + network access charge)

CANCER JUNE 22-JULY 23

Your emotions are front and centre, and they're asking to be acknowledged. Something around home or close relationships may need a deeper look. Take a pause before responding. A calm conversation can move things in a positive direction. You don't have to carry everything alone – reach out. Your intuition is strong, so trust where it's guiding you.

For more call **0905 789 4174**
(80p/min + network access charge)

LEO JULY 24-AUG 23

Something from beneath the surface is asking for attention, and ignoring it won't work. Whether it's an old feeling or an unresolved situation, face it. A conversation with a close friend could bring clarity. It might feel uncomfortable at first, but it leads to understanding. This is about being honest with yourself as much as with others.

For more call **0905 789 4175**
(80p/min + network access charge)

VIRGO AUG 24-SEPT 23

Tension in friendships or finances may highlight differences in values or expectations. Instead of smoothing it over, take a proper look. What matters to you now? Your instincts are pointing you in the right direction, even if it's not the easiest path. Balance practicality with awareness. When both are considered, your decisions become much stronger.

For more call **0905 789 4176**
(80p/min + network access charge)

LIBRA SEPT 24-OCT 23

You're trying to balance personal ambitions with emotional needs, and today that balance feels a bit shaky. That's not failure – it's information. A conversation could reveal what needs adjusting in relationships. Be honest, even if it's uncomfortable. Avoid idealising things; clarity is far more useful. The more real you are, the steadier things become.

For more call **0905 789 4177**
(80p/min + network access charge)

SCORPIO OCT 24-NOV 22

You're in a reflective mood, questioning deeper beliefs and long-term direction. Something may not sit quite right, especially in personal or romantic matters. Don't ignore that feeling. It's guiding you towards a shift. Take time to think things through before acting. Insight gained now can lead to meaningful change if you're willing to face it.

For more call **0905 789 4178**
(80p/min + network access charge)

SAGITTARIUS NOV 23-DEC 21

Your emotions and social life are slightly out of sync, and it's creating tension. Instead of pushing through, pause and reassess. What do you actually want from your connections? Honest reflection leads to better choices. Vulnerability may feel uncomfortable, but it opens the door to stronger, more genuine bonds. Don't rush – clarity is building.

For more call **0905 789 4179**
(80p/min + network access charge)

CAPRICORN DEC 22-JAN 20

You're juggling ambition and emotional needs, and today makes it clear both require attention. A conversation with someone important could highlight where things feel out of balance. Don't shut it down – engage with it. Collaboration and honesty will take you further than control. Acknowledge both sides to create a much stronger foundation.

For more call **0905 789 4180**
(80p/min + network access charge)

AQUARIUS JAN 21-FEB 19

There's a push and pull between your responsibilities and your desire for something more meaningful. Instead of choosing one, look at how they can work together. A creative idea could shift your perspective. Share your thoughts – you'll gain clarity through connection. This is a moment to realign your priorities in a way that actually works for you.

For more call **0905 789 4181**
(80p/min + network access charge)

PISCES FEB 20-MARCH 20

Emotions are swirling, especially around love, creativity, or personal desires. You might feel pulled between what you want and what you fear. Don't retreat. This is a chance to understand yourself. Talk to someone you trust or take time to reflect. When you face your feelings directly, they lose their power to confuse you – and start guiding you instead.

For more call **0905 789 4182**
(80p/min + network access charge)

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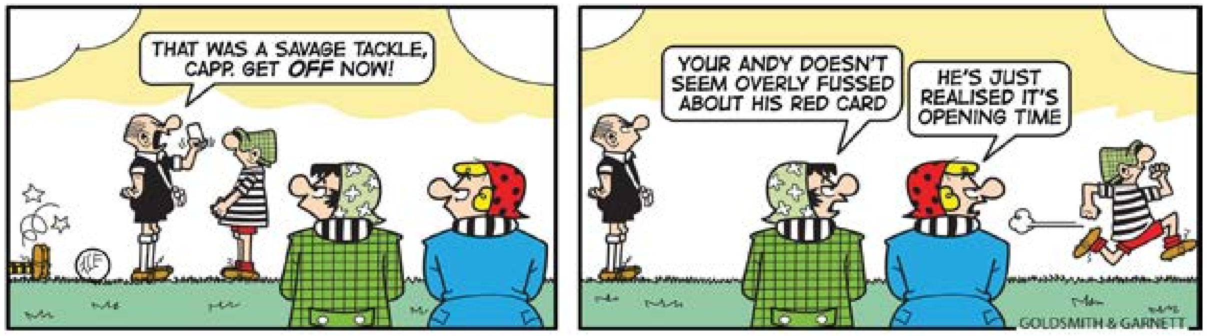
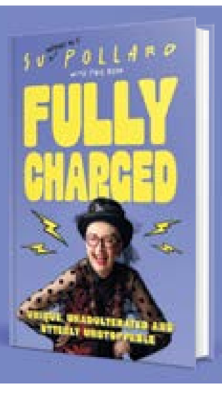
- WEDNESDAY MONEY
- THURSDAY TECH & MOTORING
- FRIDAY SHOPPING DEALS & REVIEWS
- SATURDAY TRAVEL, GARDENING & FOOD
- SUNDAY TRAVEL, GARDENING & REVIEWS

ANDY CAPP


THAT WAS A SAVAGE TACKLE, CAPP. GET OFF NOW!
ALF
YOUR ANDY DOESN'T SEEM OVERLY FUSSED ABOUT HIS RED CARD
HE'S JUST REALISED IT'S OPENING TIME
GOLDSMITH & GARNETT

AMAZON

SU POLLARD
FULLY CHARGED



"CANDID, WITTY, AND REFRESHINGLY HUMAN"
– CHRISTOPHER BIGGINS

1

PAINKILLING MEDICINES

MORPHINE: This is the gold standard by which other analgesic (painkilling) drugs are measured. It is found in the seed pods of poppies where its function is probably to deter insects or other predators. Morphine has been used globally as a medicine for thousands of years. It mimics the action of endorphins, hormones which form part of the body's own pain-regulating mechanism. Endorphins are also found in the gut, causing it to relax, and so morphine also has a secondary application, easing the symptoms of diarrhoea and dysentery (but just remember that it can cause dependence if overused).

The other painkillers are also multi-purpose drugs.

ASPIRIN: Aspirin was first synthesised and marketed in 1899. It is a derivative of salicylic acid, another naturally occurring substance found in many plants. Its phenomenal commercial success stimulated the development of a number of other drugs with a similar spectrum of activity, known collectively as the non-steroidal anti-inflammatory drugs (NSAIDs).

These drugs are real workhorses; not only do they produce analgesia but they also reduce fevers and inflammatory swellings too. They produce their effect by blocking the production of chemicals in the body called prostaglandins which are partly responsible for producing inflammation, pain and fever.

IBUPROFEN: The NSAID I have chosen is ibuprofen which is potent and well-tolerated. Another very useful drug with a similar action is paracetamol. This was discovered even before aspirin; it is a safe and well tolerated everyday analgesic and very good at reducing fevers, although it has no anti-inflammatory action.

PREDNISOLONE: Steroid drugs are chemical derivatives of a hormone in your body called hydrocortisone. This hormone restrains the body's responses to injury or stress. Because of this, it counters just about any type of inflammatory disorder. Prednisolone is an orally active analogue of hydrocortisone and can be used to treat systemic diseases such as asthma, joint inflammation, intestinal inflammation and any sort of allergy or autoimmune disorder.

HYDROCORTISONE: Prepared as a cream, this is a versatile treatment for all sorts of skin irritation, insect bites, eczema, psoriasis, dermatitis and other rashes (and even piles!). The steroids are irreplaceable medicines – but just don't take them for more than a couple of weeks at a time because the side effects will be problematic.

METOPROLOL: This beta-blocker can be used for a variety of purposes. It interferes with the actions of hormones which increase heart rate, such as adrenaline and noradrenaline, and therefore reduces the cardiac workload.

This is an important first step in dealing with irregular heartbeats, chest pains, or even a heart attack. Beta-blockers also have anti-anxiety effects, reduce blood pressure and may help in mitigating tremor and even episodes of migraine.

> *'Drugs came from plants in the past but are now mostly made by chemists'*

2

DRUGS TO FIGHT OFF INFECTIOUS DISEASES

Infectious diseases caused by bacteria, viruses, parasites or fungi will probably pose the biggest threats to your health on this tropical island and the second group of drugs in the box comprise your biological warfare kit. Let's deal first with bacterial infections. In a famous incident in 1928, the microbiologist Alexander Fleming noted that the growth of the streptococcal bacteria in a Petri dish was prevented by contaminating fungal spores. The rogue fungus was identified as Penicillium and Fleming deduced that it was secreting some sort of antibacterial substance which he named penicillin.

Preparing sufficient drugs for testing was an obstacle but the dramatic antibacterial action of penicillin was finally confirmed in patients in the 1940s and, since then, many other antibiotics (as they came to be known) have been discovered or synthesised.

It is generally recognised that these drugs have added some 20 years to the average global lifespan. There are more than 1,500 different infective bacteria and not all antibiotics are equally effective against all types, so it is difficult to choose just one, but I have settled on a relative of penicillin which has a very wide spectrum of antibacterial action.

AMOXICILLIN: The penicillin family of antibiotics kills bacteria by preventing them from building a protective outer membrane. However, some organisms have evolved countermeasures and resistant strains can secrete an enzyme which rapidly inactivates the drugs.

Fortunately, this enzyme can itself be inhibited by clavulanic acid and incorporating it together with the amoxicillin enhances its antimicrobial action.

The possibility of infection by malaria-bearing mosquitos is a major threat in tropical lands. The disease is caused by plasmodium, a tiny parasite which infects mosquitos and passes on to us when they bite. Some types of malaria can be immediately life threatening. Since you won't have access to a diagnostic lab, you will have to assume the worst.

QUININE: Extracted from the bark of the Cinchona tree, quinine was the first antimalarial. Its useful effects were first spotted by the Quechua people of Peru and Ecuador before being bought to Europe in the 16th century. It is still extremely effective against the most dangerous type of malaria but today it has been largely superseded by artemisinin and its derivatives.

This plant drug was featured in ancient Chinese pharmacopoeias and so has been in use for thousands of years. The malarial parasite spends part of its life cycle in your red blood cells where it detoxifies and consumes the haemoglobin. Both quinine and artemisinin inhibit the detoxification process so the parasite eventually dies from self-poisoning.

METRONIDAZOLE: Plasmodium belongs to a class of living beings known as protozoa. These single cell organisms are invisible to the naked eye.

Dangerous protozoal you might encounter are Entamoeba – one member of which causes amoebic dysentery. I have chosen metronidazole to treat this awful disease. It damages the protozoal DNA, thereby killing the organism.

MEBENDAZOLE: Unlike plasmodium, worms (helminths) are easily visible to the naked eye and are very common in tropical climes. There are several different types including tapeworms, pinworms and hookworms, which produce a range of unpleasant symptoms.

It's difficult to find a drug that will work on all varieties of helminths but mebendazole is a fairly wide spectrum anti-helminthic which prevents the worm absorbing crucial nutrients.

3

LIFESTYLE DRUGS

ALCOHOL:

My final ('lifestyle') drug choice would (unashamedly) be alcohol.

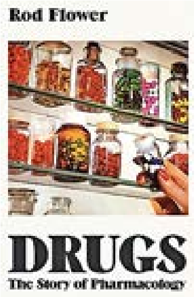
Perhaps because it can solubilise plant drugs, alcohol has always been associated with medicines; 'tonic wines' for example, have been around for centuries.

Although attitudes have changed today, alcohol was commonly prescribed by the medical profession for a wide range of physical and mental problems until the mid-20th century.

My choice would be a bottle of good quality gin or vodka.

It could be used as an antiseptic, a sedative and an analgesic but, best of all, no matter how desperate your plight, it won't seem quite as bad after a coconut martini!

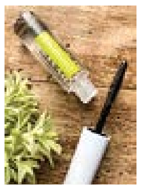
Rod Flower is the author of Drugs: The Story of Pharmacology, published by Yale University Press, priced £20, and out now



RETAIL THERAPIES

By **EMMA JOHNSON**

Shaved, waxed, over-plucked ... whatever you have inflicted on your eyebrows over the years there's help out there. Hydrosil HydroBrow is a conditioning brow gel that uses a passion fruit seed extract to hydrate and soothe the brow hairs and the skin beneath. It's vegan, fragrance-free and at £8.50 (hydrosil.co.uk), won't break the bank like some pricier brow treatments.



Harry's has just launched two gorgeous-smelling new men's body wash scents – Solstice with notes of mandarin and musk, and Redwood with notes of evergreen and thyme. Both scents have been formulated by a family-owned French fragrance house and the body washes are sudsy, lathery and foamy yet free from parabens, sulfates, and dyes, and suitable for sensitive skin. Priced £5.50 at harrys.com

HARRY'S
HARRY'S

We just cannot get enough of K-Beauty and the latest Korean brand to land at Boots is the bright and cheerful Eqqualberry. Whatever your skin concern, it has a serum to solve it. Bakuchiol Plumping Serum plumps skin, Vitamin Illuminating Serum brightens, NAD+ Peptide Boosting Serum renews, Aloe PDRN Calming Serum soothes, while Hyaltoin Flooding Serum cools and comforts. Priced £21.99 each.

If you are a woman of a certain age, chances are someone has said the word creatine to you recently. Formerly the preserve of bodybuilders, the supplement may help with everything from muscle function to healthy ageing. Paused's new Creatine, Hydration and Beauty Complex (£44.99, Holland & Barrett) combines 3g creatine with electrolytes, vitamins, minerals and beauty-supporting nutrients like biotin for a triple boost.

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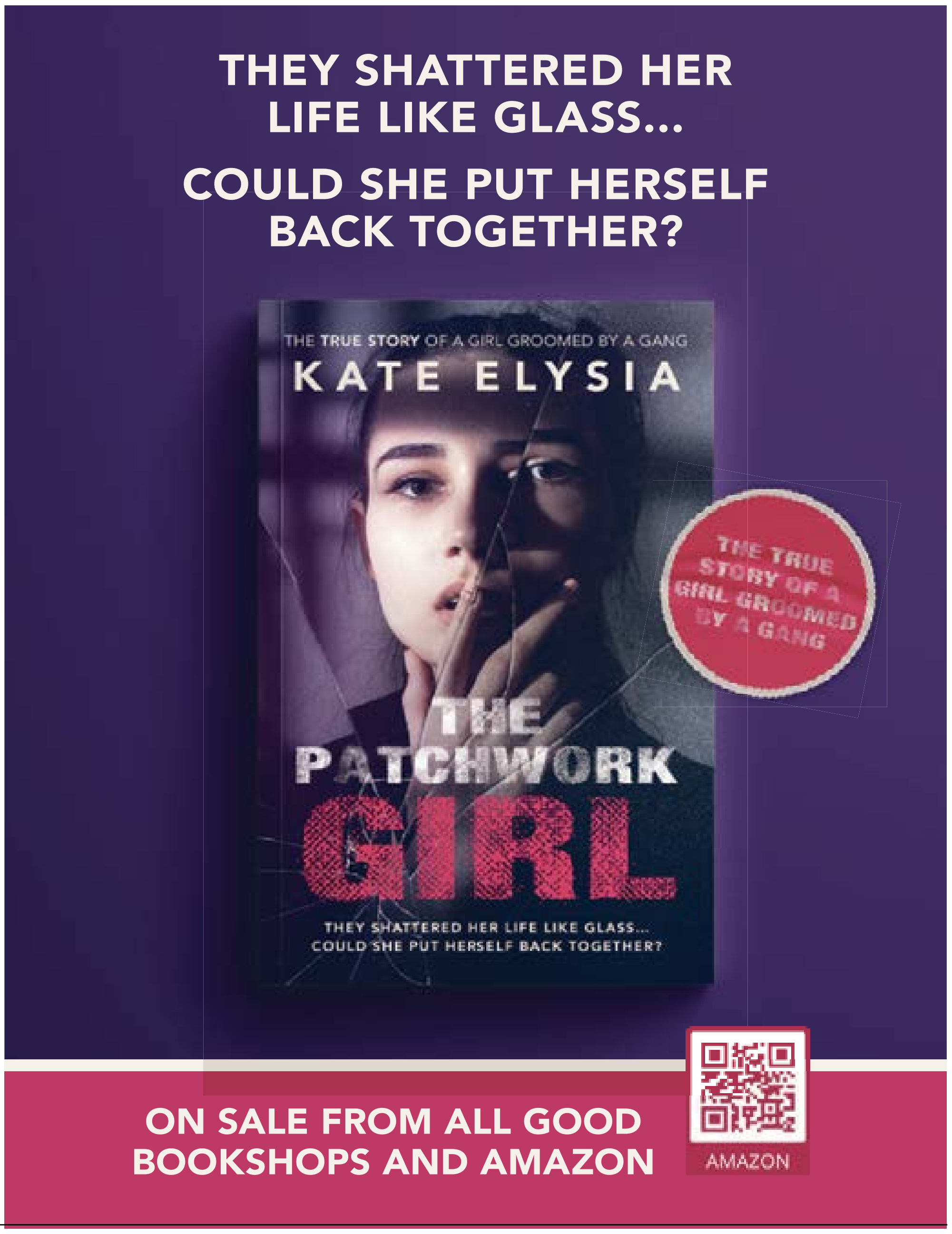

THEY SHATTERED HER LIFE LIKE GLASS...
COULD SHE PUT HERSELF BACK TOGETHER?

THE TRUE STORY OF A GIRL GROOMED BY A GANG
KATE ELYSIA
THE PATCHWORK GIRL
THEY SHATTERED HER LIFE LIKE GLASS... COULD SHE PUT HERSELF BACK TOGETHER?
THE TRUE STORY OF A GIRL GROOMED BY A GANG

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SUNDAY Mirror

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- ✓ One-touch presets
- ✓ Timer settings
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The lightweight aluminium frame provides reliable support, with a weight capacity of up to 136kg. Seven adjustable height settings allow you to find a more comfortable walking position, suitable for users between 160-190cm tall. When not in use, the walker folds down for easier storage and transport. There is also a handy storage bag, perfect for keeping everyday essentials close by while you are on the move.

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Trustpilot

TRAVEL

Edited by **JULIE DELAHAYE**

Peak moment for Scottish Highlands

BEAUTIFUL
The Upper Loch Torridon

There's a place in the West Highlands that has MILO BOYD returning year after year, and it's not surprising to see why he loves Torridon village

Every so often, as a nation we collectively decide that somewhere is the best. And over the past few years, it seems Bamburgh has reigned supreme as the UK's favourite seaside town, with the Northumberland beauty scooping the Which? reader voter title for six years in a row.

In Scotland, North Berwick has been on a golden run. In 2024, it was named the best place to live in the UK by a group of judges who lavished praise on its easy connections to Edinburgh (just 30 minutes by train), its thriving high street of independent shops, and its community spirit.

Since then, the plaudits and positive write-ups have just kept on coming.

But as wonderful as both these places are, there is another coastal spot that has had me returning year after year.

And that place is Torridon.

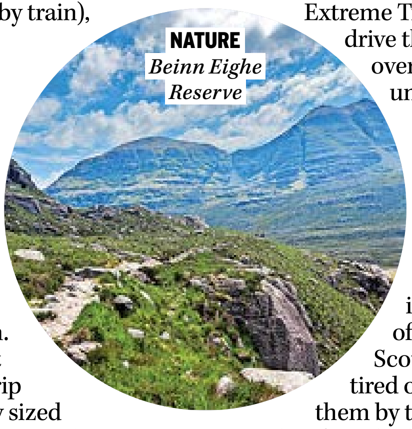
I first visited the tiny West Highlands village on a day trip from Kinlochewe, a similarly sized spot a few miles up the road towards Fort William. The single-laner follows the route of the River Torridon as it winds through the mountains, with Beinn Eighe to the north and Sgorr Ruadh to the south.

It's easy to lose yourself gazing up at the ancient peaks, but important not to do so for too long – the wiggly road requires you to avoid incoming traffic by swerving into the passing places.

The view that greets you is spectacular. Torridon wraps around either side of the loch bearing its name. And while it's 10 miles or so away from the coastline, it's a sea loch. Meaning it's salty, tidal and will get you to the Atlantic, once you've wiggled round a few bays and the Isle of Skye.

Keep travelling round to the south side of the loch and you'll reach the official viewpoint, not far from the rapids of Lake Falls.

Torridon never gets busy, even in June, when the maniac participants of the Celtman Extreme Triathlon arrive and then drive themselves into the peat over the course of a very unpleasant and long day.



NATURE
Beinn Eighe Reserve

The central bit of the village is on the north side of the loch. Here you will find the Am Ploc open-air church. Although now a little crumbly, the church is an important one, having its roots in the "Disruption of 1843" when Church of Scotland members walked out, tired of ministers chosen for them by their lairds.

They found religious refuge in places like the Torridon Open Air Church. It takes the form of a natural amphitheatre, created within a V-shaped cleft in the low sandstone cliffs that form the east side of the Ploc of Torridon.

Climb up into the rocky pulpit and look out on to the loch, or sit in makeshift pews that are regularly flooded by seawater, and it's easy to feel a little of its awe and wonder.

All of this is bound to leave you feeling hungry. So head over to the Wee Whistle Stop Cafe in the community centre. It's not exactly cheap, but dishes including chargrilled courgettes and pesto tart, oven-roasted field mushrooms with Parma ham, and fish finger sandwiches will sort you out.

Locally baked goods, including a particularly stodgy macaroni pie, are available to fill any remaining gaps in the small food shop down the road.

The feeding continues over in the National Trust Deer Museum, where you can grab a handful of pellets and feed the friendly herd that will trot over as soon as they see you.

If you're in this part of the world, then there's a good chance you're up for a walk. The peaks around Torridon, Liathach, Beinn Eighe, and Beinn Alligin, are packed with challenging but hugely rewarding routes. Ancient Torridonian sandstone capped with white quartzite has given the area a layered, almost sculptural look that's unlike anywhere else in the UK.

Tracks like the Liathach ridge traverse are among the best mountain walks in Scotland, or at least, that I've come across. After scrambling quickly up the first precipitous slope, you'll find yourself on the first of several peaks, connected by a ridge but a few metres wide. On one side, the sea. On the other, the valley below.

Torridon sits on the Beinn Eighe Nature Reserve, which is also home to rare mosses and lichens, as well as pine martens and golden eagles.

If all of this seems too much to take in in a single day, then fear not.

Torridon Youth Hostel sits on the NC500 route with rates starting from £36 a night, and delivers cheap and cheerful beds.

PEACEFUL
Torridon

VIEW
Liathach ridge

HIDDEN AWAY
Village is never busy

Quintessential tourist hotspot for UK visitors

STONE ME *Popular village bridge*

By **AMY JONES**

For those who live in the idyllic Cotswolds village of Bourton-on-the-Water, it's just another ordinary day as tourists flock to its picturesque streets in their thousands.

Photoshoots are always taking place on the quaint stone bridges over the River Windrush and shops are overrun with visitors keen to pick up a souvenir of their time in what's known as the "Venice of the Cotswolds".

Crowds also form outside the honey-hued buildings, and families sprawl out on the village's pristine lawn with an ice cream on a summer day.

QUAINT *River Windrush*

VISIT *For Amy*

This is just a snippet of what it's like living in one of the most popular and prettiest villages in the area as I found out one weekday afternoon.

For those who live in the riverside location, it wouldn't be what it is without the coachloads who travel from all over to marvel at its renowned beauty.

Even when its 4,000 residents are regularly outnumbered by holidaymakers, they can't help but appreciate what it does for their small village in Gloucestershire.

"We wouldn't have all this without visitors – we have five pubs, cafes, restaurants and really nice places. There are some amazing places in the Cotswolds, but there's nothing [much] to do, but we have this, so it's there to be had," local ice cream legend, Allan Hymers, told me.

"There are a lot of tourists, but without them we would have no village as it is," another resident shared. "I don't think it would be as good without the tourists." They added: "There are a lot of shops, cafes and restaurants – they create employment as well, so for local school leavers until they go to university."

A punter at The Kingsbridge pub couldn't agree more. "There are a lot of independent shops in Bourton-on-the-Water, but without most of the tourists, would they survive? If we didn't have visitors, there might just be two pubs, one newsagent's and a chip shop, that's it," they said.

"I love the tourists, they pay my wages," Rebecca Olivia, who works at Bourton's Little Sweet Shop, said. "It's really nice, I really enjoy working here, it's really pleasant and busy, so at least the day goes quickly."

And it seems that residents in the village certainly don't take their surroundings for granted. "We are very lucky to live here, because it is simply beautiful. It's no wonder that people come to visit, and if I didn't live here, it would be one of the places I would want to come and visit," one resident told me with a smile.

The Little Nook
QUIRKY *Gift shop The Little Nook*

Allan, who cheerfully declared himself as "the famous ice-cream man", also shared, "I love living here, it's great. Everyone knows me, I know everyone in the village, I love it, and it's the best job I've ever had in my life."

VITAL ROLE *Julie with Director Scott Sanders*

Cruises face a sea change in direction

What better way to learn what goes on during a TUI Marella cruise than to work on one, says JULIE DELAHAYE who finds the director's role all-encompassing on board

What does a cruise director do? Truthfully, until recently I wasn't really sure. Twenty years ago, a cruise director would be pretty much in charge of everything on board, including meeting almost every guest. Nowadays bigger ships mean thousands of passengers and hundreds of crew members, so it's fair to say the role has had to evolve.

GLITZY *Voyager lifts*

It's something that Scott Sanders knows all too well. Scott has been working in the cruise industry for 14 years, and he's spent the last four as cruise director for Marella Cruises. I spent the day with him on board Marella Voyager at the start of its summer season in the Mediterranean.

> 'Crew spends three months learning 12 shows before sailing'

To passengers, Scott is the director they see who puts together the entertainment, does announcements over the PA, appears on the ship's Cruise Director TV, and introduces the dazzling shows in the 600-person theatre.

Within less than an hour, it's clear that there's a lot more to Scott's job. On the day I spend with him, he's talking to heaps of different staff members from theatre production teams to musicians, quiz hosts and, of course, passengers. That's when he's not managing the various admin that's part of the role, including planning the entire entertainment programme and schedule for Marella Voyager's upcoming sailings in the Caribbean in November.

Our day starts off in his office where he runs over that particular day's schedule, including calling in a guest act to do an extra

I'M THE CAPTAIN NOW *Julie takes the helm*

MARELLA EXPLORER 2

EPIC *Marella Voyager*

performance by the pool for those who've stayed on deck during a port day. Even with some of the passengers off the ship, there are still game shows, quizzes and live performances to be managed.

"I think the biggest challenge with this job is finding the balance of being sat in the office doing your admin, and being out front with the guests," Scott admits. "Sometimes you'll get comments like, 'We've not seen the cruise director' and if that comes in, I don't sleep for a week, I panic! I've been [in that role] with Marella for four years, but I think it took me a good year-and-a-half to find that nice balance."

Later that morning we head over to the theatre where Scott talks me through the logistics of running 12 shows on board.

Performers take to the stage for two shows every night, so Scott works with the stage manager to ensure everything's ready.

Crew will do a dress rehearsal every day before the shows, and if there's any technical issue or someone's off sick, Scott is ultimately the person to go to for a solution.

Backstage at the theatre, the 12 performers have their own dressing room complete with a laundrette, as they're responsible for looking after their own costumes, from washing them to repairs if needed.

The shows themselves are created by RWS Global, who also work with the likes of MSC Cruises and Holland America Line. The crew will spend three months learning the 12 productions before they step on board the ship, at which point there's around a six-week changeover period.

They're clearly a huge highlight on board, with up to 600 passengers filling the theatre when the ship is busier. "They are the celebrities on board," Scott says, describing the singers and musicians. "They're like West End performers, so a lot of guests get quite infatuated. They see the cast, especially the kids – and I always tell them to make a massive fuss of the kids!"

But it's not just about those people that passengers do see. "My technical team, I call them my Men in Black," Scott quips. "They look after all of the lighting and sound.

"Without them, I wouldn't have production – I wouldn't have game shows, I wouldn't have quizzes. Those are the people the guests don't see because they're tucked behind the scenes, but yeah, they run the whole ship!" In the afternoon, we head over to the Captain's Bridge. It's not an area that's open to guests although you can request tours at reception.

PREP *Show crew*

ALL ABOARD *Cruises have become a much more relaxed family affair*

For Scott, it's just another office where he can do his PA announcements across the ship, whether that's updates for crew-only areas, or general news about the entertainment programme that he thinks passengers will need to know.

These announcements make him extra popular with guests who often ask for special shoutouts – but unfortunately it's something that Scott has had to stop doing.

"If I do that in front of 600 people, reception then get inundated with guest requests!" he explains.

However, he still tries to go that extra mile, for example, by adding a special mention in the daily "Cruise News" newsletter all passengers receive, or "sending a nice little goodwill gesture to cabins".

Of course I couldn't be on the Bridge without sheepishly asking if I could pretend to be Captain, and Scott/the Bridge team kindly obliged.

Ultimately, it sums up Scott's job quite nicely – he's keen to make sure that people are having the best time.

It's clearly a responsibility he doesn't take lightly.

He adds: "I get a lot of first-time cruisers saying, 'I can't get over the service, and the food, and the entertainment on Marella', and I always say, 'You won't find this level of service anywhere else at a resort'."

What I didn't realise is just how seriously passenger feedback is taken. Like most people, I assume that if I fill out a survey it's given a cursory glance by some customer team in a head office.

However, Scott himself actually combs through all of the surveys that passengers fill out, and prides himself on tweaking the programme or entertainment to continue to raise the bar.

"I keep notes on my phone!" he admits, adding that he asks passengers to fill out the forms or leave instant feedback through the on-board app Navigate. "I check that at least 10 times a day," he adds.

Negative feedback gets addressed, but so does positive feedback. In fact, crew will type out thank you letters personally to guests who've given them a shoutout.

As for a common mistake people make on a cruise, whether it's their first sailing or not? "Not asking the right questions early enough in the cruise," Scott says.

To help, he created a "New to Cruise" welcome presentation for Marella guests – it's been so successful that it's been rolled out across the rest of the TUI-owned fleet.

"[Passengers] get to ask questions and we give them top tips such as explaining that the front of the ship has blue carpet, the middle has red carpet, and the back has green!"

In recent years, feedback has changed as cruises have become increasingly popular with families and younger generations.

According to Scott, the more laidback feel of these holidays is playing a key role. "[Cruises are] much less formal now," he tells me. "You don't see many bow ties or ballgowns any more, and I think cruising has now turned into a holiday instead of a cruise."

Oh, and if there's one place you want to go for a guaranteed holiday vibe?

"The on-board pub is always busy!" he jokes.

ROCK SOLID *Gibraltar*

MONKEY BUSINESS OVER AFTER NEW GIBRALTAR RULES

By **NATALIE KING**

EasyJet has warned Brits heading to Gibraltar about new entry requirements, as the sun-soaked hotspot is visited by approx 1.3 million UK tourists every year.

The budget carrier said: "From 15 July 2026, Gibraltar aligned with Schengen entry requirements. If you're travelling to Gibraltar, please check that your travel documents meet the new rules before you fly.

"UK visas and residence permits/share codes will no longer be accepted for entry to Gibraltar. Passports for travellers from non-Schengen countries (except Ireland and Cyprus) must have been issued within the last 10 years, and be valid for at least three months after the date you plan to leave."

The requirements are now aligned with what Brits can expect at the other 29 countries in the Schengen area including the new Entry/Exit System (EES) with fingerprint and facial scans.

TWO CHECKS *Double trouble*

While Gibraltar, which is known for its wild monkey population, remains a self-governing British Overseas Territory, as of July 15 a post-Brexit deal allowed the border with Spain to be removed, getting rid of border controls and customs checks for those passing between Spain and Gibraltar.

The Foreign Office said: "On arrival at Joshua Hassan Gibraltar International Airport, you should expect two sets of checks which will satisfy entry into Gibraltar and the Schengen Area: Gibraltar entry immigration controls performed by the Gibraltar authorities and Schengen entry immigration controls by the Spanish authorities as the authorities of the neighbouring Schengen state."

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Holidays are an exciting time but they're even better if you know you've got the best deal you can. NATALIE KING offers tips on airport parking

While I try to use public transport when possible, at times, driving to the airport is unavoidable. Especially when I've got a horrific 5am departure scheduled.

But recently, it feels like everything travel-related is getting increasingly expensive, and that includes airport parking. So I'm always looking for ways to make it less painful on my wallet. As a travel journalist, I've picked up a few hacks to make it cheaper, so here are some of the things that have reduced the cost.

LOOK FOR WORKPLACE DISCOUNTS

Many employees have access to discounts through in-house schemes, and frankly, it's easy to forget about these. But when it comes to holidays, they can be very useful for finding discounts on extras such as parking and lounges.

My husband has a Blue Light Card, which costs £4.99 for two years, and has helped us get some decent discounts on airport parking, such as 30% off through Holiday Extras or 21% off bookings with AIRPORT parking and Hotels (APH).

An impressive number of professionals are eligible for a Blue Light Card, from education workers to foster carers and charity workers, so if this applies to you, check it out.

If you don't have an employee discount scheme, sites such as Wowcher offer discounted parking codes that you can buy for a small amount. I have used one of these successfully, but triple-check the terms to make sure you can actually use it on dates you want.

AVOID COMPARISON SITES AND DO YOUR OWN RESEARCH

Always Google the company rather than just going by the star rating on the site. I have seen companies holding four- and five-star reviews on a comparison site, but a quick search has shown they have a two-star rating on Google.

If you do use a comparison site to look at your options, you aren't obliged to book through them. Go to the parking provider's official website to book directly, as this will ensure no third parties are involved, and it often works out cheaper as you can be sure no fees are added.

BRITISH PASSPORT

TOP TIPS *Natalie*

CHEAPEST ISN'T ALWAYS BEST

When you're trying to save money on your holiday, it can be tempting to book the cheapest option to save a few pounds.

Trouble is, the cheapest options for airport parking can be inconvenient and miles away from the terminal.

I once booked some airport parking that seemed like a bargain, and it was supposed to be a 10-15 minute bus ride from the terminal. We turned up early, and it was miles from the airport, and we were forced to wait ages at a bus stop without a shelter for the shuttle, which was so packed we were worried we wouldn't be allowed on.

Use a provider with a long transfer time or unreliable shuttle, and you could very well be late for your flight. Given that this could cost you hundreds, making a saving of a few quid is not worth the risk.

MAKE A PLAN *For where to leave your car*

> *'Watch out for cheaper parking deals as site may be miles away from the airport'*

LOOK FOR HOTEL AND PARKING DEALS

If you have an early flight, then getting an airport hotel can make life so much easier.

It means you aren't loading up the car in the dark or trying to coax the kids out of bed at 3am. Some airlines offer twilight drop-off for your bags the night before, which means you can head straight to security in the morning.

Look for deals that include a night in a hotel plus parking. Sites such as Holiday Extras offer options such as a Premier Inn or other hotel stay, plus parking. But don't just look at chains.

Some smaller, independent hotels offer parking packages in their own car parks.

CHECK THE COST OF USING ALTERNATIVE TRANSPORT

Getting a train to the airport can often be a pricey option, especially when you have the whole family in tow, but if you're planning on taking a longer break, this can still work out cheaper than parking your car at an airport car park.

One of the issues with public transport is that it's not always well timed, but operators are improving their offerings.

Stansted Express is trialling some overnight services for early morning passengers, and the Gatwick Express will be launching some extra services overnight and early in the morning starting this weekend.

If you're not near a train station, you could even take a look at National Express coaches or FlixBus.

Some airports, such as Cardiff, are also served by local buses which offer an inexpensive alternative to parking.

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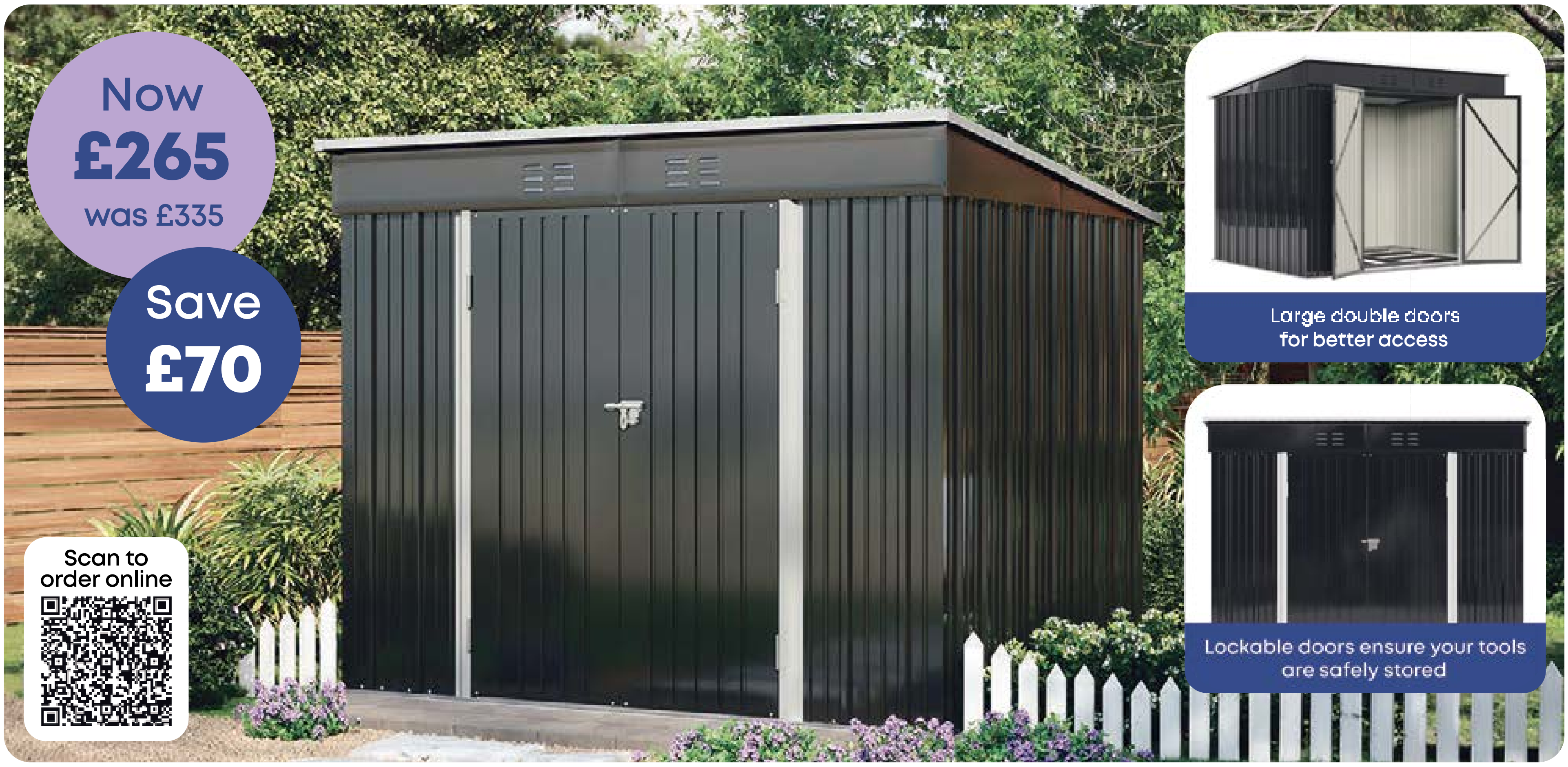
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EVERYTHING IN ITS PLACE

The large interior offers plenty of room for lawnmowers, gardening tools, outdoor furniture, DIY equipment, and household items, making it easy to keep everything neatly organised and within reach. Wide double doors provide convenient access for larger equipment, while the lockable design allows you to fit your own padlock for extra security and reassurance.

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Constructed from colour-coated steel with galvanised steel reinforcement, this shed is engineered to withstand changing weather conditions while remaining strong, stable, and low maintenance. Two integrated ventilation openings encourage airflow to help reduce moisture and condensation, creating a drier environment for stored belongings. An included foundation provides additional structural support, helping ensure a stable installation and long-lasting performance.

A SMARTER STORAGE SOLUTION

Designed to make everyday organisation simple, this versatile shed keeps bulky items safely out of sight while freeing up valuable outdoor space. Combining robust construction, secure storage, and practical features, it's an ideal choice for homeowners looking for a durable, weather-resistant storage solution that helps keep gardens, patios, and backyards looking their best all year round.

- ✓ Ideal for storing garden tools, bicycles, outdoor furniture and more
- ✓ Lockable doors (padlock not included)
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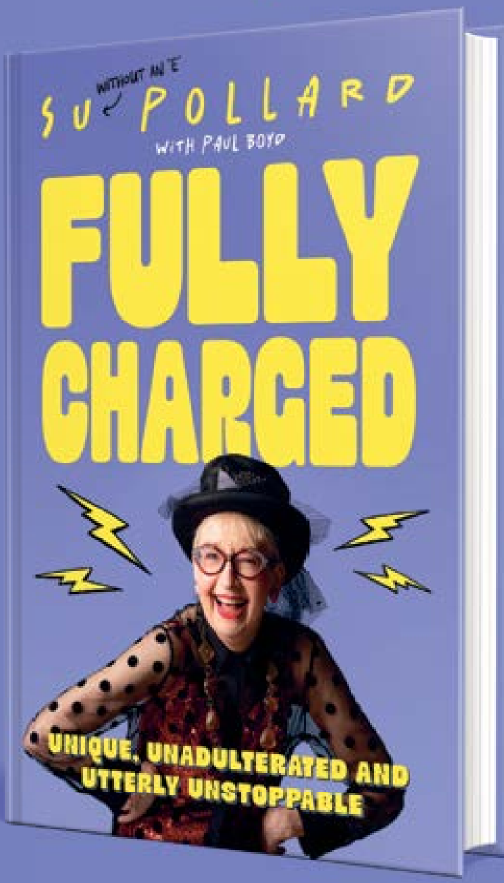
Trustpilot

The revealing and comical memoir of one of Britain's most iconic stars of stage and screen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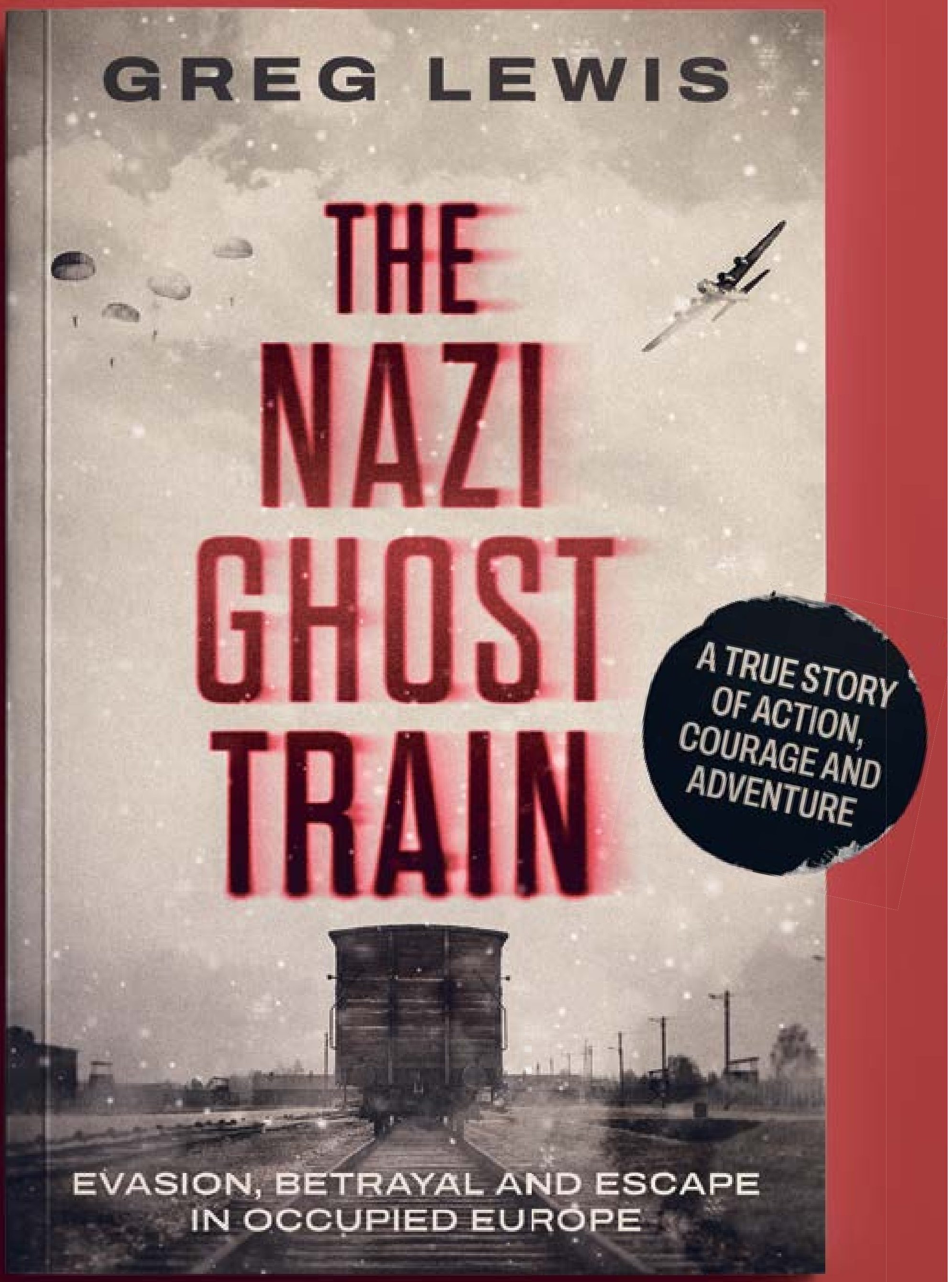
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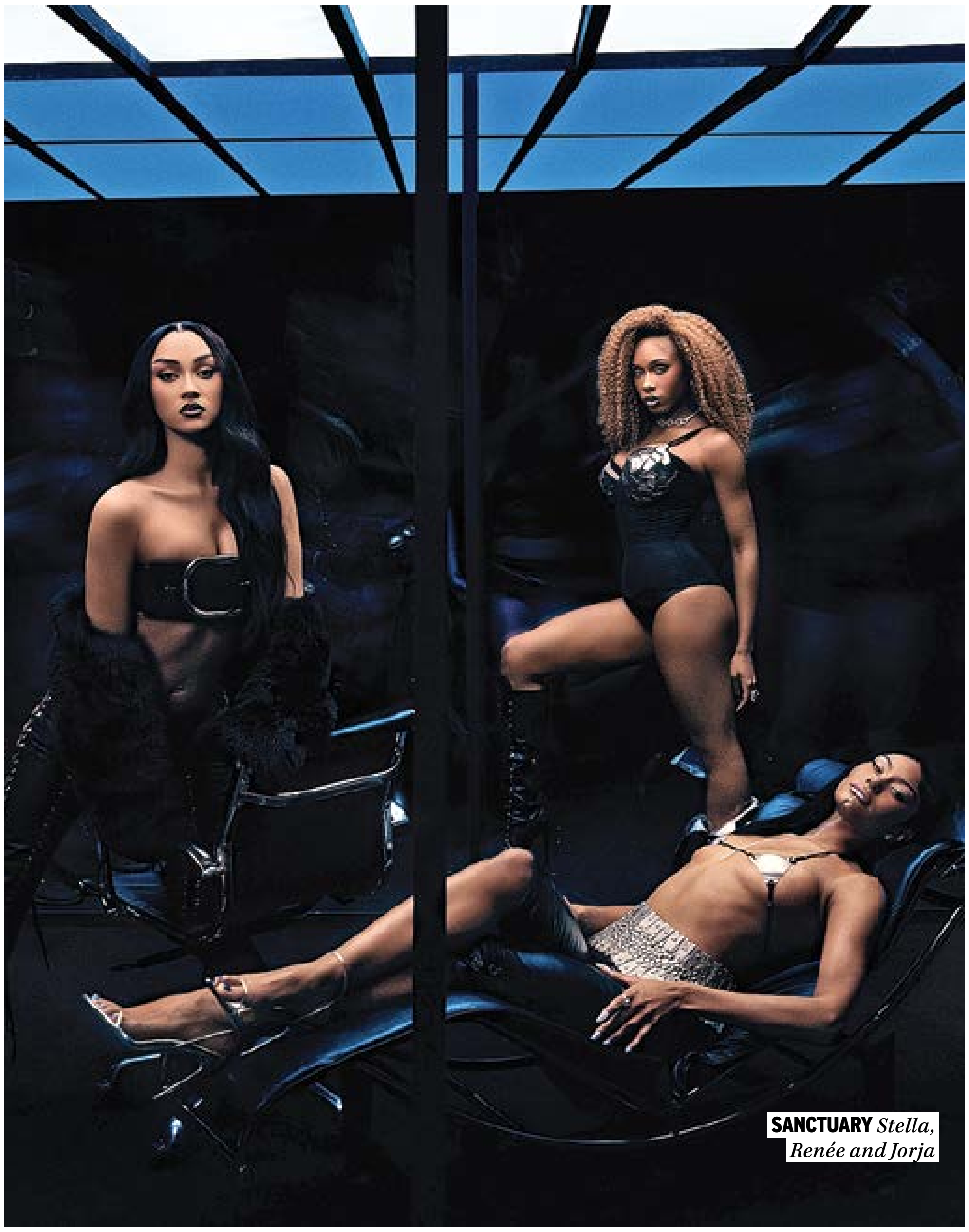
MUSIC MAKE SOME NOISE

With **JAMES CABOOTER**

Never mind 50th anniversaries, Elvis Costello releases a 49th anniversary edition of My Aim Is True as a five-CD box set telling the story of how Declan MacManus became Elvis on October 2

LIFE LESSON STRAIGHT FROM THE DANCEFLOOR



SANCTUARY *Stella, Renée and Jorja*

Nightclubs might be closing fast but for UK trio Flo – Stella Quaresma, Renée Downer and Jorja Douglas – they remain essential places to let loose and improve young people's mental health. New album, Therapy At The Club, is a concept record that reimagines the nightlife scene not just as a place to party, but as a therapeutic sanctuary for release, confession and emotional healing.

Stella told Elle magazine: "I think all girls know it's much deeper than just going to the club. There's so many parts of it. The getting ready is basically the most fun part. The feeling when a song that all your girls know comes on and one song will get you through something and then the next song will be like, 'Oh my God, should we just all cry?'

"Maybe there's a guy or someone who broke your heart [shows up] – you know what I mean? And then you're finding out tea [gossip] from a girl you don't even know.

"There's so much to talk about and that's also why that title was so fun for us because there's so much that we could say, but there was a stimulus for us to work from. The club is multifaceted."

'There's a lot of talent in the UK... and raw talent'

Bandmate Renée believes leaving your inhibitions behind is the key to finding happiness: "The club can be interesting for me because sometimes I want to go out and then I don't actually enjoy myself, but I feel like it's about the company. The times that I've been out with Jorja and Stella, all my friends, have been actually fun or important.

"We've highlighted something in my life that maybe I need to address outside of the club. So it's definitely therapeutic."

And going clubbing can be insightful for everyone, reckons Jorja.

"I learn a lot about myself and about other people from going out. It's such an honest moment because you feel like there's no repercussions in the club. Just be saying anything you want, be having the deepest chats.

"So I feel like I learn a lot about myself and what's actually going on in my mind because I verbalise it in the club. And then also I learn lots about my partner. I learn lots about my friends. It's very insightful."

Stella agrees. "It's honestly so true. I'll be next to my boyfriend and he'll say something and I'll be like, 'Wow, that would have been nice to know six months ago'."

"It's all coming out now," Jorja laughed. Now seven years into their career, Flo have benefitted from developing their sound and are making waves on both sides of the Atlantic. They are just one of many British success stories leaving a mark from Olivia Dean to Charli xcx.

"The Brits are coming for everyone," warned Renée. "It's just such a great time to be a part of. I think that there's a lot of talent in the UK, and raw talent. We go about things differently, and I think that reflects in the quality of the music, so we're just happy to be a part of it, really."

The UK's different outlook on life is what makes our music so special. Stella told Elle: "I feel like British people are really just honest. They don't try and be anyone else. Obviously, Raye is so talented. But [people] love her because she's just Raye. Lola Young is just herself. I think that's why people think Brits are so interesting because it's just, what you see is what you get."

TALENT *Brit Raye*

ENJOY A WILD NIGHT WITH THE GIRLS

ALBUM OF THE WEEK

FLO

THERAPY AT THE CLUB

★★★★

THERAPY AT THE CLUB

Ever wondered what girls discuss in the bathroom? Flo unlock the cubicle door on this slick collection that celebrates the highs and lows of a night on the town while processing what 21st century life and love means.

Side Effects is forward-leaning R&B pop with more attitude than Mariah Carey backstage, plus some of the finest vocal runs committed to tape since SWV. The trio warn of no good fellas throughout (Small Doses) and if you don't pay attention, expect to deal with the emotional consequences (Cry Ugly).

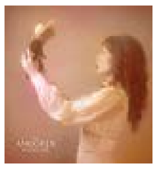
"You only live once so Leak It" they assert during the LP's upbeat highlight, channelling the strut of peak Pussycat Dolls, while Sober is an LA Babyface throwback that shows why they're doing so well in the States.

Quality, quality, quality – one for each member – hand them the R&B Brit Award right now.

THE ANCHORESS

AS WE ONCE WERE

★★★★



Indie firebrand The Anchoress – Welsh artist Catherine Anne Davies – isn't afraid to tackle subjects most pop stars avoid.

We get catchy rallying cries on parenting cliches (I Had a Baby Not a Lobotomy) and middle age melancholy (Happiness Don't Show Up Like It Should). Prog rock solos collide with analogue soundscapes, and sometimes veer to far into Simple Minds territory (Throw Over Your Man). Nevertheless, there's something alluring about As We Once Were, the kind of indie/pop crossover album that might've made a "best of the decade" list back in the old days.

JOHN CARPENTER

CATHEDRAL

★★★★

The films may have dried up lately but the horror supremo continues to deliver evocative imaginary soundtracks.

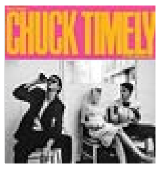
Created with his son Cody and guitarist Daniel Davies, eerie themes Primeval and Elevator are without doubt some of the most aggressive of Carpenter's career, welding chunky riffs to his signature pulsing synths which instantly bring to mind Michael Myers.

Then there are themes like The Ferryman where the synth patterns echo mid-period Depeche Mode. And prepare to be spooked to perfection on Desolation In The Underworld.

ROLE MODEL

CHUCK TIMELY AND THE HOURGLASS

★★★



As if one alter ego wasn't enough for Tucker Harrington Pillsbury he's now invented Chuck Timely, a "pathetic yet charming" time traveller to visit past musical eras with.

There's High Hopes 3000 which resembles mid-period Steely Dan with its genre-hopping sophistication, while a more classic rock 'n' roll sounds drives Joy.

His lyrics tap a cool late-1950s, early-1960s rock vibe influenced by early Beatles and Elvis. It works and the quality songwriting on the likes of the Tom Petty-ish Service Receipt suggests this is the project that could make Role, or Chuck, or whoever, an all-time great copycat.

STRAY KIDS

THIS AND THAT

★★

THIS&THAT
THIS&THAT

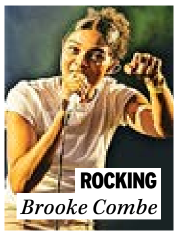
The more bombastic end of the K-pop spectrum, anything goes in the Stray Kids world.

Lead song Run It is borderline ridiculous, hinting at the Rocky theme with a heavily auto-tuned football chant chucked in. Then there's a bizarre techno pop cut that swings like crazy called, of all things, Farming.

Less agricultural is Way Out built over a guitar riff that feels better suited to summery head nods. As with many K-pop projects, there are multiple formats, while the music has grand ideals to promote strength and the "balance of sweet and sour". We're all different, we get it.

STREAM THESE

- Madonna x Kylie / Love Sensation
- Linkin Park / Unshatter (live)
- Brooke Combe / Love Was Made Of Stone
- Tommy Lefroy / Thief
- TV For Cats / Talking About It
- Ellie Goulding / Ravers



ROCKING *Brooke Combe*

STAGE JUST THE TICKET

With **STEFAN KYRIAZIS**

MESSY REVIVAL IS A REAL DOG'S DINNER

BAD KITTY *Melanie La Barrie and Gary Wilmot*

CATS

★★

REGENT'S PARK OPEN AIR THEATRE, UNTIL SEPTEMBER 19

openairtheatre.com

"These modern productions are all very well," grumbles geriatric theatre cat Gus (Gary Wilmot, phoning it in), more than once. Each time, folk chuckled, oh so knowingly.

Not me. I love a reinvention. Done well, of course. This rickety 1981 musical needs it more than most. An endless succession of characters get a number each, of varying quality, telling their story. Act Two, it starts to drag.

Prone to drifting into spectacle and style over substance, it's crucial to find its heart.

After the recent acclaimed radical Broadway reimagining of Andrew Lloyd Webber's musical transposed TS Eliot's moggies to New York's queer catwalking ballroom scene, Drew McOnie's production feels rather pedestrian. Indeed, despite the ears and tails, it frequently feels barely feline at all.

Ah yes, those catsuits. After yowls of outrage at early curtain call videos, I can confirm the inexplicable hues of beige, aubergine, grey, beige and beige, with miscellaneous straggly haberdashery, look dreary and homemade.

Old Deuteronomy (Melanie La Barrie, imperious) in bulky fluttering feathered strips of grey, frankly resembles a giant pigeon, especially when she raises her wings, sorry, hands. Paws?

A few look successfully slinky. The wicked Macavity (Diante Lodge) enters to thunder crashes with devil horn ears and crested with spikes. A rare delight, along with the park backdrop.

McOnie's choreography never touches Gillian Lynne's original genius, nor creates anything fresh. Some solos shine but group numbers are cramped, leaden and sometimes messy. Where's the adrenaline?

The heart, of course, is tragic outcast and faded beauty Grizabella (Taziva Faye-Katsande, replacing ill lead Rachael Wooding). In drab grey, looking like Fleetwood Mac does medieval, she looks, acts and moves nothing like an aged object of pity and pathos. Her climactic Memory should be a scream from the soul. Sure, it got an ovation, but it sounded like an X Factor finalist.

"Cats are very much like you," we're told at the end, but I saw and felt little reflection of our humanity at all.

UK tour from October 6. See openairtheatre.com and uktour.catsthemusical.com

TOSCA

★★★★★

GLYNDEBOURNE UNTIL AUGUST 30

glyndebourne.com

Gunshots explode through the gloom. Car headlights illuminate three blindfolded executed political dissidents. One by one, they're dragged up a steep dirt slope and thrown into a quarry.

This is not the Tosca of baroque decor and brocade gowns. This is mid-century fascism: jackboots and caps, sneering and smoking through every atrocity.

And it's brilliant.

However heartbreaking the story, usually the performances and Puccini's exquisite 1900 score do all the emotional heavy lifting. By reframing the setting, Ted Huffman's production adds a bone-chilling contemporary immediacy that magnifies the impact of the London Philharmonic and three vocally sumptuous leads.

Caitlin Gotimer's Tosca is a fiercely modern woman, less vivacious and histrionic than usual but impressive in her quiet strength and building rage. Her agonised Vissi d'arte is heaven.

As her artist lover Cavaradossi, Atalla Ayan has a supple, effortlessly powerful tenor. Mellifluously romantic on the early Recondita armonia, he's devastating on the climactic E lucevan le stelle.

I would, however, have liked more chemistry and passion. I loved (to hate) Vladislav Sulimsky's Scarpia, as much mafia don as dictator. Coiled menace and sociopath smiles in a double-breasted suit, feeding on both the anticipation and execution of suffering.

An inspired Act Two moves the usual two-hander in his oppressive chamber to a smart restaurant. Scarpia's repugnant attempts to sexually subjugate Tosca in return for saving Cavaradossi become a dinner show for his lackeys and, even worse, the complicit smirking women.

Their amused chitchat and spaghetti twirling is as monstrous as the abuse.

Rather than atop Rome's Castel Sant'Angelo, the final scene is a gripping gut-punch in that hellscape quarry, both cinematic thriller and horrifically real.

An absolute triumph.

MESMERIC *Gotimer and Ayan*

I'M EVERY WOMAN: THE CHAKA KHAN MUSICAL

★★

TROUBADOUR WEMBLEY PARK, UNTIL SEPTEMBER 27

troubadourtheatres.com

Oh Chaka, Ain't Nobody deserves this.

To be clear, lead Alexandra Burke is a powerhouse presence with a phenomenal voice. All the vocals are absolute five-star quality. Rich soul tones, soaring belts, impressive falsettos from the men.

Huge sliding panels slickly create constant motion on stage as the sets change behind them or projections illuminate them.

For the briefest opening seconds there is magic. Five women weave into I'm Every Woman's first verse and chorus. Then we're thrown into a rehab counselling session. Chaka and her gang must face her darkest hidden truths. Ugh.

Ten words in, I knew we were in trouble. Racky Plews' atrocious directing and Nia T Hills' appalling script force a talented cast to deliver embarrassingly cliched lines. A disastrous confused tone lurches from sitcom mugging to telenovela drama. Nobody acts and speaks like this in real life.

As is depressingly usual with biopics, we skim. From addict father to a stint with the Black Panthers. One toxic hubby to the next. Booze, drugs, guns, murder, pregnancies...

There's an extraordinary career and woman in there somewhere, too.

The darkest moments clankingly segue into famous songs that vaguely fit the mood. The full I'm Every Woman and Ain't Nobody are underwhelmingly staged.

Legends, from Stevie Wonder to Prince and Whitney, whirl past, often played for cheap gags.

Even worse is manic, gurning chaos pixie Marie Stevens (Chrissie Bhimi), again chasing laughs. I figured out who she was hours before the big finale reveal. Spoiler alert: she's Chaka's worst impulses and bad influences made flesh.

It's catastrophically badly handled – an overlong, undercooked mess that the inevitable euphoric curtain call medley cannot erase.

POWERHOUSE *Alexandra Burke*

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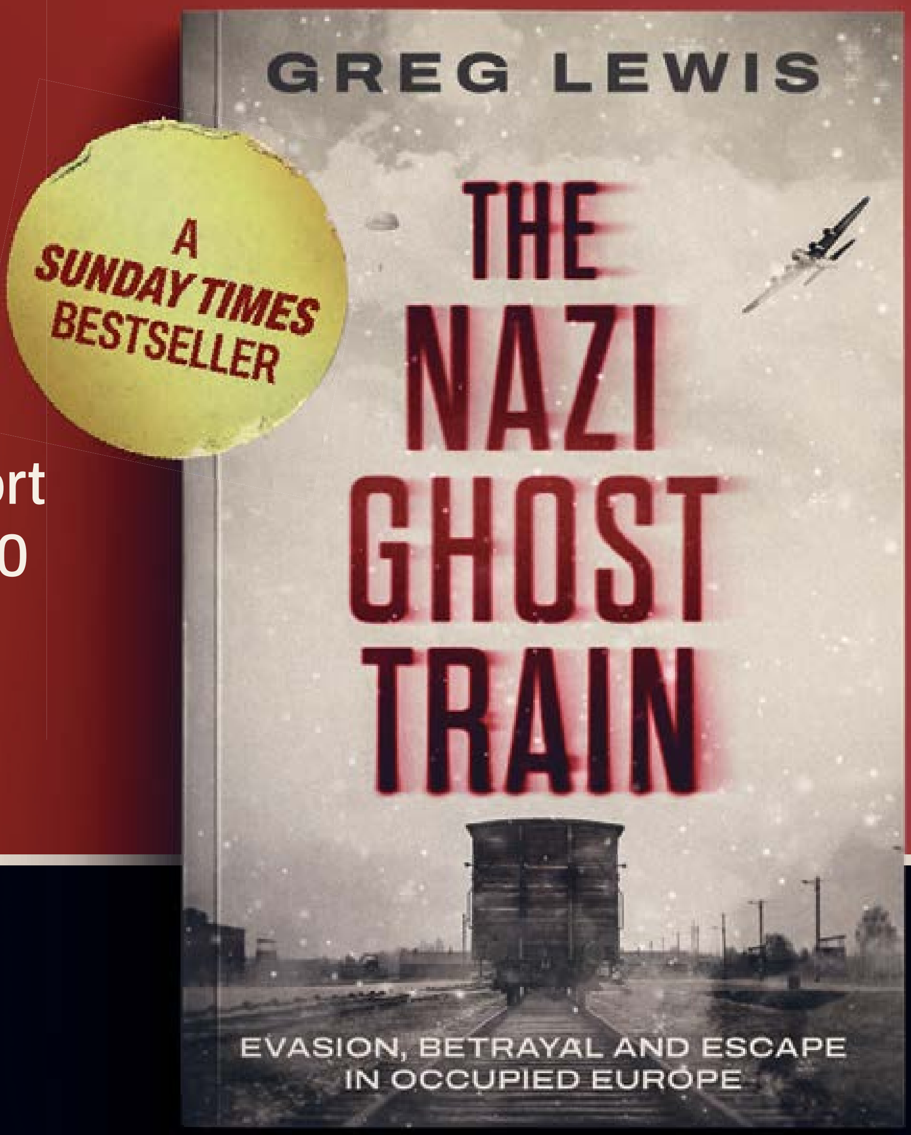
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GREG LEWIS
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LAUREN GOODGER
Mum of Two
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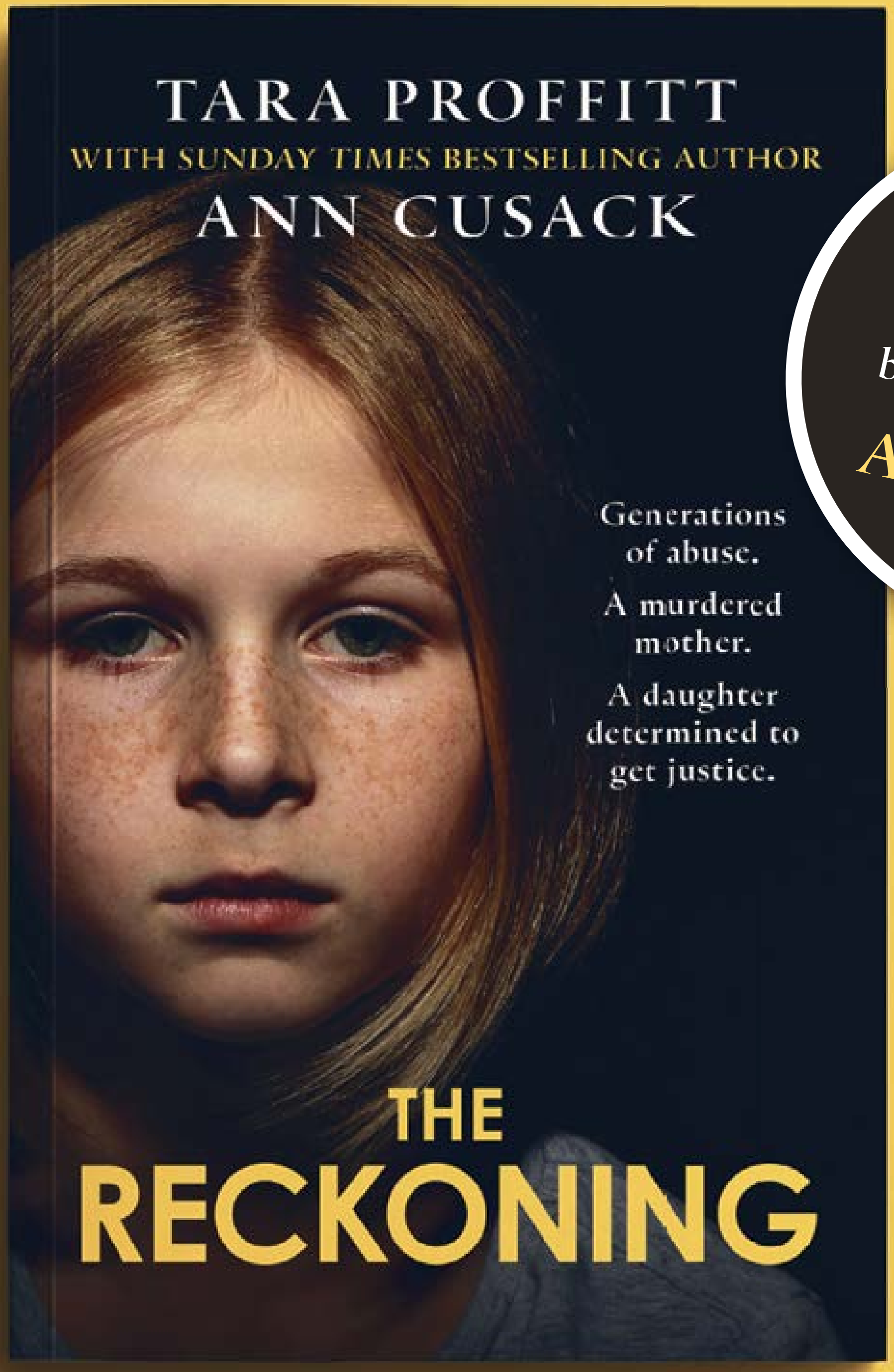
A MURDERED MOTHER.

A DAUGHTER DETERMINED TO GET JUSTICE.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THE RECKONING

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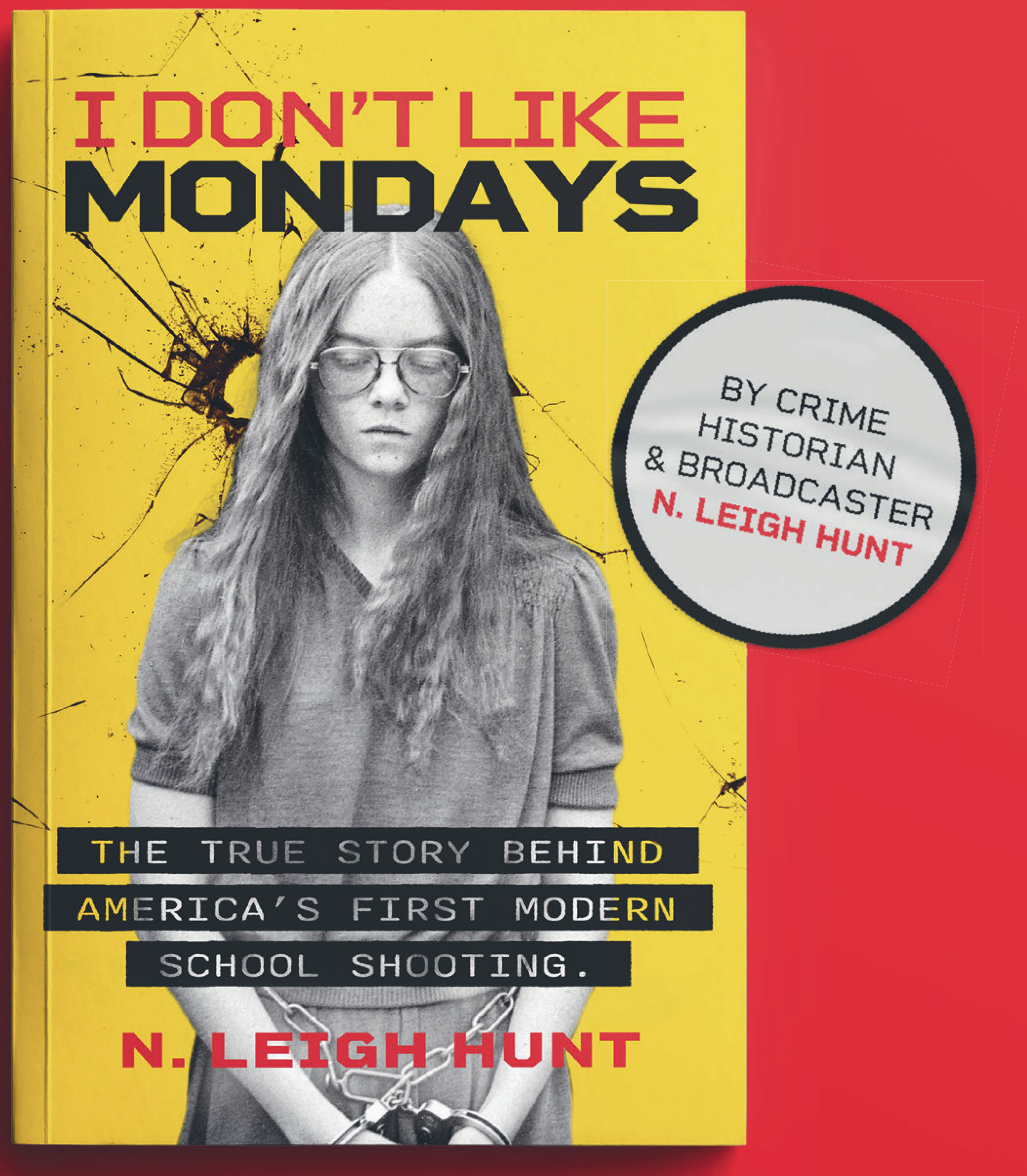
I DON'T LIKE
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N. LEIGH HUNT
BY CRIME
HISTORIAN
& BROADCASTER
N. LEIGH HUNT

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GARDENING TIME TO DIG IN

With **DIARMUID GAVIN**

Hot summer pause to plan a future show

With the drought changing the rhythm of all our gardens, there is time to decide what comes next

One of the strange things about making TV is that months of work can come to an abrupt halt. For weeks, sometimes months, life becomes consumed by filming schedules, journeys, locations and deadlines. Then, suddenly, it all stops.

That was the case last week as filming ended on the latest Greatest Gardens. Throughout the series, Carol Klein and I travelled around the country, visiting and judging remarkable gardens. For the final programme there was an unexpected twist. I was to visit Carol's famous garden in Devon, familiar to generations of viewers of Gardeners' World, and Carol was to visit my garden in County Wicklow.

On Instagram, my garden generally looks good. I know which views to concentrate on and, more importantly, which bits to leave out.

The truth, however, was rather different.

Much of the lower half of the garden had been abandoned. Trees and shrubs planted during another period of intensive filming had been left to fend for themselves. The larger plants were thriving, but nettles had moved in, brambles had spread and bamboo, which I scarcely remember planting, had sprung up all over the place. Paths disappeared and whole sections became almost impenetrable.

Fortunately, some friends came to the rescue while I was away, clearing mountains of growth before Carol and the crew arrived. I did suggest that perhaps the lower half of the garden might be left unexplored. The director was wonderfully understanding, and the cameras concentrated on the more flattering views while I hid behind trees and Carol said some kind things.

GREATEST JUDGES *Carol Klein and Diarmuid*

Once filming ended, the guilt crept in. I realised something else had happened while I was away. The weather had changed everything. Earlier in the year we had endless rain. More recently, hardly a drop has fallen. There is now a hosepipe ban, lawns have turned brown and many trees have begun shedding leaves to conserve moisture.

UNEXPECTED BENEFITS

In my garden, birches, alders and maples are showing signs of stress. My beloved tree ferns have suffered. Their crowns remain healthy, but their fronds have struggled in the hot, dry air. Yet there has been an unexpected benefit. There is something rather strange that happens during a prolonged drought. The whole rhythm of the garden changes. Growth slows almost to a standstill. Weeds stop racing ahead.

The endless cycle of staking, trimming, pruning and mowing is interrupted. In some ways, midsummer begins to resemble mid-winter. And that gives me an opportunity.

For the past week, I have spent my days cutting, clearing, lifting and rediscovering parts of the garden I had almost forgotten existed, Halfway down, a magnificent Cornus controversa had gradually lowered its branches until they obscured the view beyond. Once I lifted the crown, two palms growing on different levels of the garden reappeared.

At the far end of the garden, a silver birch had begun to overwhelm a Tetrapanax papyrifer. Starved of light, it had become distorted as it reached desperately towards the sun. Elsewhere old bay topiaries that once appeared at Chelsea have been reshaped, a magnificent weeping aspen has been carefully thinned and old griselinia hedges have been transformed into elegant evergreen trees.

Ordinarily nature rushes in to reclaim every inch of bare soil. Clear one patch and another immediately demands attention. But not now. Time itself seems to have slowed. I can stand back, consider the possibilities and decide what the garden wants to become next.

Over the coming months, I will gather 20 plants I've ogled for a long time. I know that autumnal rain will eventually arrive and growth will begin again. The garden will wake from its summer pause but for the moment I have the luxury of time.

Perhaps that is the great gift of a midsummer drought – the pause it creates. In that stillness, we begin to see things afresh.

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FORGOTTEN CORNERS *Diarmuid gets clearing and lifting*

PLANT OF THE WEEK

Lavandula angustifolia

English lavender is loving this sunny, dry weather. On this one bush I counted around 20 bees working away, extracting its treasures.

Lavender is ever popular due to its fragrance and vivid purple flowers.

"Hidcote" is a great variety with very dark purple flowers. Plant in well drained soil in full sunshine and clip back this year's growth after flowering to keep a compact shaped but don't clip into old wood.

JOBS FOR THE WEEK

● Watering plants, particularly those in pots or newly planted, is your main job when it's hot and dry. Do so when it's cooler in the morning or evening as otherwise you will lose a lot of water to evaporation. Water thoroughly – a little trickle will just evaporate.

● Increase your stock of border carnations by layering. Choose a healthy side shoot that isn't flowering, bend it over without snapping the stem and peg firmly into the ground with wire. Cover the stem with soil and water in.

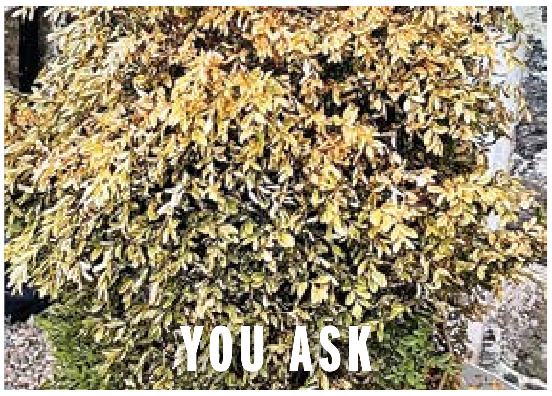
● Irises that are congested can be divided to improve vigour. Lift carefully to avoid damaging rhizomes and gently split apart to replant.

● Earwigs bothering your dahlias? Make traps with pots stuffed with shredded paper and remove earwigs daily.

● Prune climbing and rambling roses when they finish flowering.

● Trim conifer and evergreen hedges as a final tidy up before autumn.

● Colchicum, sternbergia and autumn crocus can be planted out as soon as they are available to buy in the garden centre.



YOU ASK

● **Hello Diarmuid**
Could you give me advice on this boxwood? I live in an old house and transplanted it into a container. We've had a dry summer but I have watered and fed it. There are three in total but they're getting worse. Can I save them?
Jane

● I don't think this is classic box blight as the damage is very uniform. The worst of it is on the upper and outer growth and there is still plenty of healthy green growth lower down.

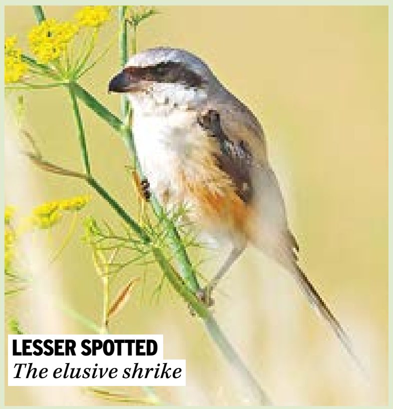
It's more likely to be a combination of drought stress, scorching and transplant shock.

Move the plants into a slightly shadier position, stop feeding them for now, water deeply so the entire root ball is soaked and add a layer of mulch to keep the roots cool.

Light trim away the dead growth and check whether the pots have good drainage holes.

WINTER'S WILDLIFE

With **STUART WINTER**


LESSER SPOTTED *The elusive shrike*

Shrike while the iron's hot

Epic tales of an ill-starred quest for a fabled creature and heroics on tumultuous seas are carved deep in birding mythology. Birders still lament those hapless souls who set sail to cast eyes on the legendary long-tailed shrike some 25 years ago only for their boat to run adrift off the Outer Hebrides.

HM Coastguard saved the day but the shrike vanished into the ether to become a ghostly record in ornithological archives. Until…

There's more than an iota of Greek tragicomedy that in a summer when Homer's Odyssey gets a £200million Hollywood makeover, phalanxes of twitchers are again journeying for an audience with this mythical shrike.

Incredibly, not one but two have been holding court in recent weeks, so finally unbinding the curse upon those who missed the original bird on South Uist in November 2000.

Within days of a long-tailed shrike being discovered by a zoology undergraduate surveying corn buntings in Crail, Fife, early last month, came reports of another bird 400 miles away in farm country near Eastleach Martin, Gloucestershire.

Throughout July into August, hundreds of birders have paid tribute – by way of parking fees for conservation causes – to admire this handsome songbird in shades of dove grey and rufous, accentuated by a black bandit mask and sinister hooked bill.

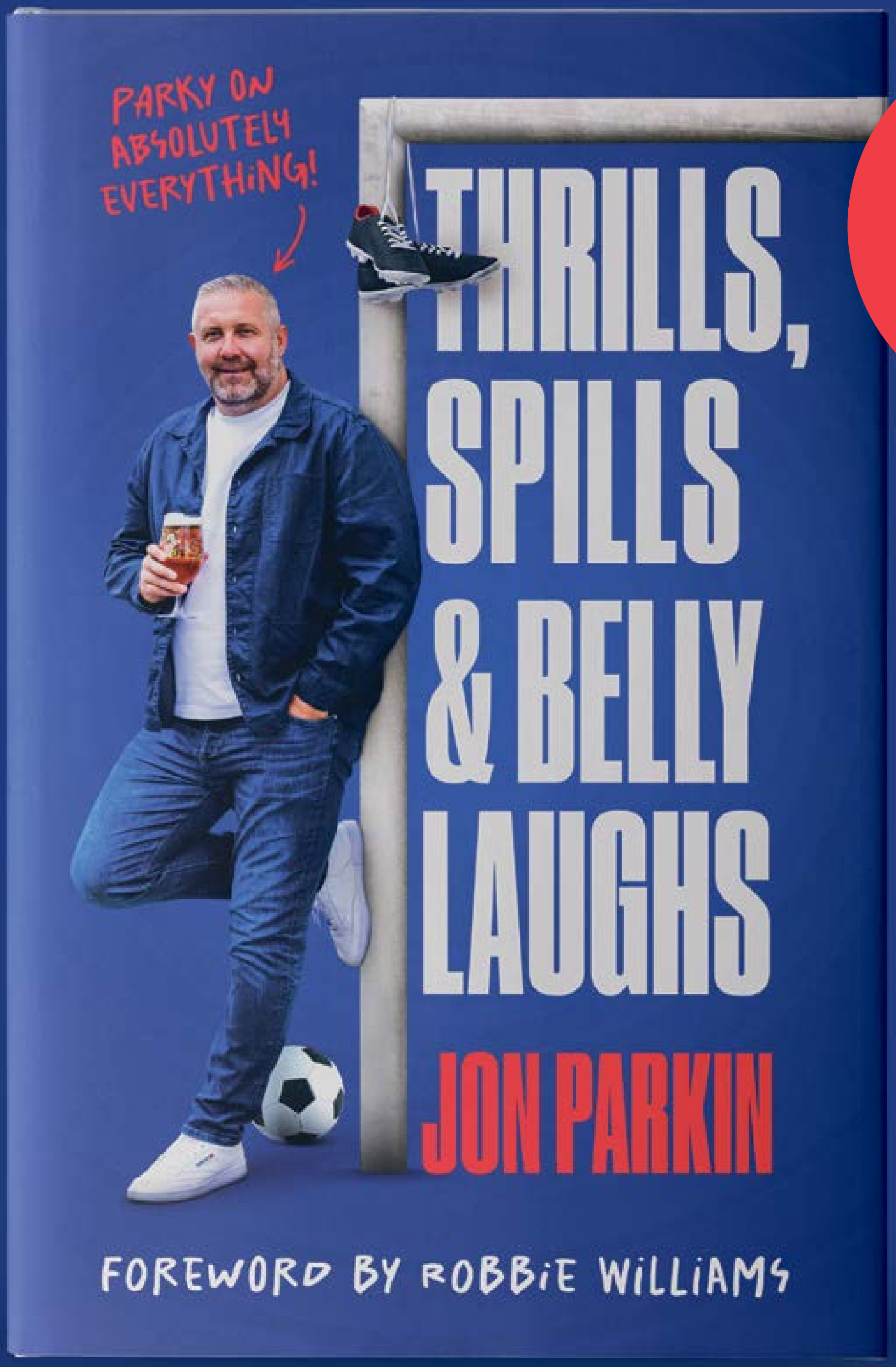
Dismembering insects, lizards, small birds and mammals impaled on thorns and barbed wire is a successful adaptation for life across its vast Asiatic range.

Summers, by rights, should see the "erythronotus" subspecies of the shrike butchering prey in the tapestry of woods, parks, orchards and cultivated fields of those Central Asian states carrying the "stan" suffix and where Alexander the Great led his all-conquering army 2,300 years ago.

How a bird weighing less than two ounces can miscalculate a spring migration from Indian wintering grounds to overshoot its breeding area and arrive in the sun-baked British countryside is a conundrum for the likes of an Aristotle or Socrates to unravel.

JON PARKIN

THRILLS, SPILLS AND BELLY LAUGHS.


PARKY ON ABSOLUTELY EVERYTHING!
THRILLS, SPILLS & BELLY LAUGHS
JON PARKIN
FOREWORD BY ROBBIE WILLIAMS

FOREWORD BY ROBBIE WILLIAMS

WITH PARKY,
EVERYTHING IS ON
THE
TABLE IN THIS
HILARIOUS,
SIDEWAYS
LOOK AT
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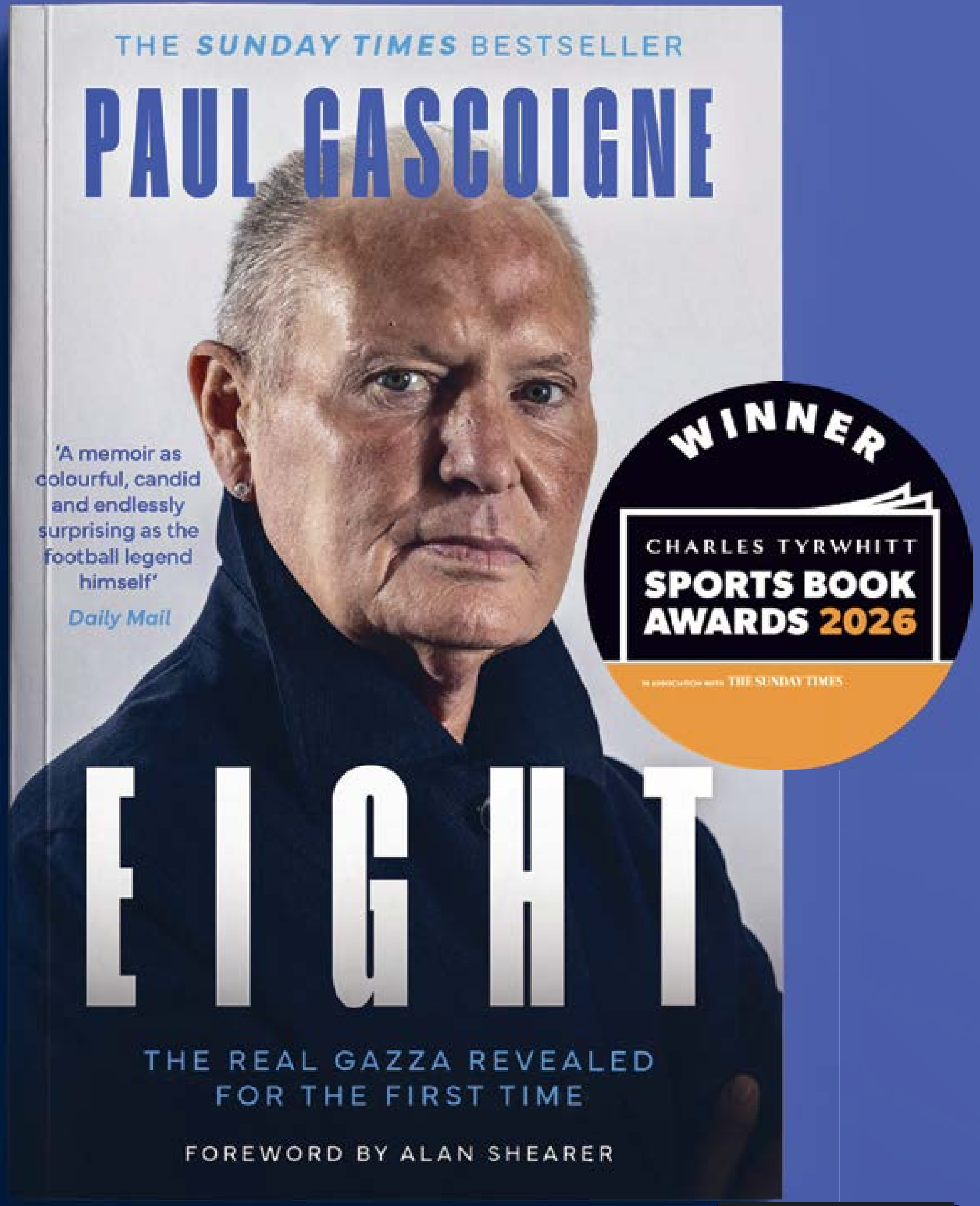
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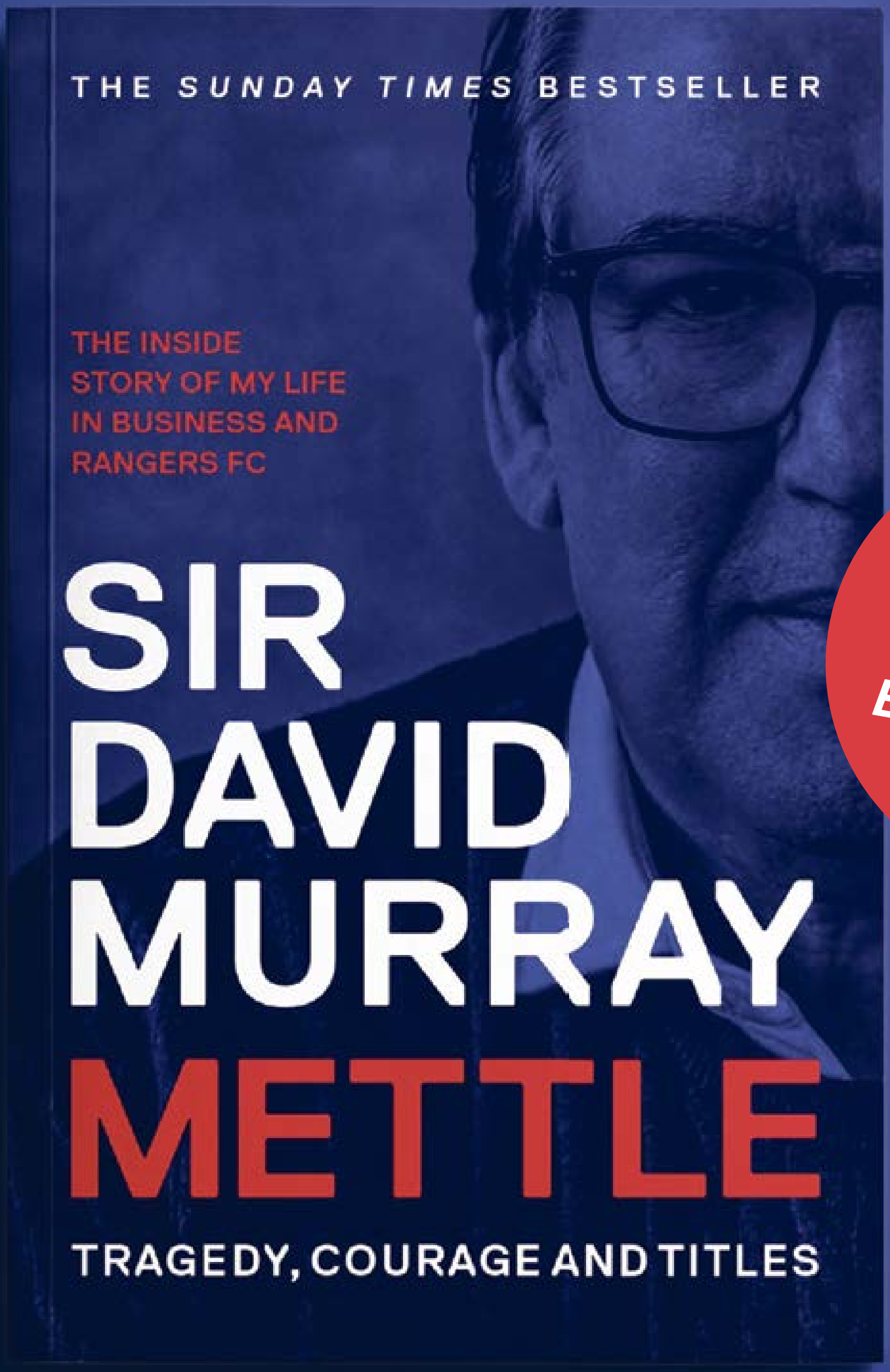
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CHEPSTOW

SKY

GOING: GOOD TO FIRM
WEATHER: MOSTLY CLOUDY
NEWSBOY'S TIPS: 2.06 SUNDIATA KEITA (NB), 2.41 DREAMS GALORE, 3.16 GLOBAL SUCCESS, 3.51 GO VICTOR, 4.26 GALACTIC GLOW, 5.01 CRIMSON ROAD (NAP).
DOUBLE: CRIMSON ROAD and SUNDIATA KEITA

2.06 APPRENTICE HANDICAP (6) 6f Winner £3,768 (8 run)
1 (3) 126 **BE AN ANGEL** (15) B Millman 4 9-9 (BF, D2)........J Dickson
2 (5) -03 **MACANUDO** (36) I Williams 5 9-7..............Finlay Bassett (7)
3 (7) 878 **ARNAZ** (8) M Loughnane 5 9-6 ....Hope Regan (7)
4 (8) 615 **MARISITTA** (26) J G O'Shea 6 9-2 (BF, CD)..............A Egan
5 (6) -52 **SUNDIATA KEITA** (16) J & R Flint 4 9-2 ...Charlie Tucker (3)
6 (2) 337 **SOME NIGHTMARE** (9) J G O'Shea 9 9-1 (CD3)........Jude Fernandes (3)
7 (1) 545 **OUTER EDGE** (24) C Mason 5 9-0 (CD)..................M Slater
8 (4) 752 **MACARONE** (12) G Harris 5 8-13 (D2)..............Olivia Haines
BETTING: 4 Sundiata Keita, 9-2 Macanudo, 5 Marisitta, Macarone, 6 Others.

2.41 NURSERY (6) (2-Y-O) 5f Winner £3,768 (8 run)
1 (5) 023 **OUR FELLA** (19) J S Moore 9-9 ....Taylor Fisher
2 (3) 471 **DREAMS GALORE** (16) Ollie Sangster 9-9 (C)....... F Marsh
3 (6) 543 **CHIANTI** (24) A Watson 9-8..............................P-L Jamin
4 (8) 354 **DREAMLOVER** (18) R Spencer 9-8.........................G Wood
5 (4) 352 **CRYSTAL KRAKEN** (16) D Cunha 9-6......................P Dobbs
6 (7) 926 **DEFIANT DREAM** (16) M Usher 9-4.........................T Heard
7 (2) 756 **CASH FLOW BOY** (15) Charlie Pike 9-3..............T Greatrex
8 (1) 063 **DEVON ANGEL** (26) B Millman 8-4................Georgia Dobie
BETTING: 3 Dreams Galore, 9-2 Crystal Kraken, 5 Chianti, 6 Others.

3.16 MAIDEN FILLIES' STAKES (5) (2-Y-O) 6f Winner £4,320 (10 run)
1 (3) 4 **BAHIA BONITA** (31) Jack Jones 9-2.......................F Marsh
2 (10)325 **GLOBAL SUCCESS** (9) J S Moore 9-2............Taylor Fisher
3 (8) 422 **ROMIDIJO** (18) Charlie Clover 9-2.......................P-L Jamin
4 (5) **SO SEXY ME** Adam Kirby 9-2...........................P Cosgrave
5 (4) 58 **EASTERN QUEEN** (18) J O'Donoghue (IRE) 8-13..........D J Murphy (7)
6 (7) 5 **GOLDEN CATURRA** (19) J Gallagher 8-13..............J Leavy
7 (9) 55 **INDEPENDENT ROZE** (7) L Williamson 8-13.... Millie Wonnacott (5)
8 (1) 08 **LEADING RAYA** (23) M Usher 8-13.........................T Heard
9 (2) 0 **VOYAGE OF SURVIVAL** (18) A McIntyre 8-13 ..... W Carson
10(6) 0 **WINDMILL** (23) Ollie Sangster 8-13........................G Wood
BETTING: 6-4 Global Success, 13-8 Romidijo, 8 So Sexy Me, 10 Others.

3.51 HANDICAP (6) (3-Y-O) 6f Winner £3,768 (8 run)
1 (8) 091 **GO VICTOR** (14) T Culhane & S Barclay 9-12 (D2).........C Shepherd
2 (6) 6-0 **CICI'S SECRET** (15) Charlie Pike 9-8.................E Greatrex
3 (7) -05 **GEEMANN** (39) J Tickle 9-8 ....Taylor Fisher
4 (2) 436 **KEN BRULEE** (32) M Usher 9-4 (D)............. Rose Dawes (5)
5 (5) 434 **ROGUE REBELLION** (9) R Harris 9-2 .... W Carver
6 (3) 224 **MY MATE MACKLEY** (10) Adam Kirby 9-1 (C)...P Cosgrave
7 (4) 004 **INDEPENDENT ANGEL** (62) L Williamson 9-0...Millie Wonnacott (5)
8 (1) 458 **MUSIC AND SONG** (20) D Flood 9-0..................A Egan (7)
BETTING: 9-4 Go Victor, 3 Rogue Rebellion, 7-2 Independent Angel, 4 Others.

4.26 'HANDICAP (6) 1m Winner £3,768 (13 run)
1 (8) 757 **DEVIOUS DEVAN** (20) W Muir & C Grassick 5 10-0........P-L Jamin
2 (5) 635 **FOZZY OSBOURNE** (16) G Harris 5 9-13 ....J Leavy
3 (11) 417 **TOO MUCH TREVOR** (16) G Harris 5 9-12 (C2).......Ashley Lewis (3)
4 (4) 262 **GALACTIC GLOW** (32) J Tickle 9 9-12 .... Taylor Fisher
5 (12) 112 **DESERT CHARM** (15) M Murphy 4 9-11 (CD)...... C Shepherd
6 (2) 212 **KNIGHTMARE** (12) P Evans 4 9-10 (BF, CD)....... Miss Amy Tucker (7)
7 (6) 332 **REDHOT WHISPER** (55) A Wintle 5 9-10 .... F Marsh
8 (7) 774 **THE BUREAU CLUB** (19) Charlie Pike 3 9-9 ......E Greatrex
9 (13)653 **AJRAD** (24) B Millman 8 9-9 (CD3)..........................G Wood
10 (1) 322 **SCARFO** (24) B J Llewellyn & R Williams 5 9-5 (CD)... Charlie Tucker (7)
11 (10)533 **A ROSE ADAAY** (16) G Harris 4 9-3 ....B Ffrench-Davis (5)
12(9) 444 **WESTON COURT** (16) R Harris 5 9-1 (D2)............. W Carver
13(3) 580 **BEAU CHEVALIER** (47) E De Giles 3 8-8 ....G Mangan
BETTING: 5 Knightmare, 11-2 Desert Charm, 6 Galactic Glow, 7 Others.

5.01 HANDICAP (5) 1m 2f Winner £4,397 (6 run)
1 (2) 117 **PRIDE OF NEPAL** (24) A Carroll 8 9-9 (CD).......D J Murphy (7)
2 (4) -53 **DANCINGONDIAMONDS** (17) O Murphy 4 9-4 ......Hugh Horgan (5)
3 (1) 453 **SYMPHONY'S SONG** (16) I Williams 4 9-0..R Kavanagh (3)
4 (5) 941 **CRIMSON ROAD** (16) J & R Flint 5 9-0 (CD)......... W Carson
5 (6) 676 **STIPULATION** (12) M Loughnane 5 8-13 (D)............G Wood
6 (3) 275 **ANNEXATION** (4) A Carroll 10 8-11 (D2).........Molly Gunn (5)
BETTING: 6-5 Crimson Road, 4 Dancingondiamonds, 5 Others.

SAFF 'N' SOUND Osborne (above on Red Spells Danger) lifts trophy with Moore & Browne McMonagle

20-YEAR ABSENCE ...but a win on Asgard's Captain cued a Moore double

RYAN MIGHTY

Moore worth the wait

BY **DAVID YATES**

RYAN MOORE proved worth waiting for at the Shergar Cup, as the Great Britain & Ireland team delivered on its hot-favourite status in the international jockeys' challenge.

Moore was riding at the Ascot-staged event for the first time in 20 years, and bookmakers took no chances about him, man-of-the-moment Dylan Browne McMonagle and in-form captain Saffie Osborne, proving too strong for their rivals Europe, Rest Of The World and Hong Kong.

Great Britain & Ireland were as short as 2-5, despite having global stars Christophe Lemaire (for Europe) and Yutaka Take (Rest Of The World) in opposition – while Moore was the 7-4 market leader to land the Alistair Haggis Silver Saddle for top jockey.

Both favourites obliged, with Moore soaked in champagne by his skipper on the famous Ascot podium.

"I got more of it on myself, but I got him," said Osborne (above). "He knew what was coming but I had to do it.

"It's been a brilliant day and I feel very lucky to share the weighing room every day with such world-class jockeys."

But those who had sung 'Racing's Coming Home!' as they made their way through Ascot's gates, saw this Shergar Cup become a game of two halves.

Cup debutants Hong Kong got off to a flier in the first two races.

Jerry Chau came home strongly on Tuco Salamanca to beat team-mate Vincent Ho and Gold Star Hero in the opening Shergar Cup Dash.

Not to be outdone, Hong Kong-based South African Luke Ferraris got on the board as Dancing In Paris denied the Moore-partnered 11-10 favourite Shrimp Shady in the Shergar Cup Stayers.

But success for Moore's mounts Asgard's Captain in the Shergar Cup Challenge and Archers Bay in the Shergar Cup Classic – either side of Osborne's win on Red Spells Danger in the Shergar Cup Sprint – turned things round.

Riding duties for Aidan O'Brien have kept Moore away in recent times, but the 42-year-old said: "I had nothing else on today, so it's nice to be here.

"It's good to see the likes of Yutaka and Christophe – and it's always nice to ride winners anywhere."

LEICESTER

RTV

GOING: GOOD TO FIRM **WEATHER:** MOSTLY CLOUDY
NEWSBOY'S TIPS: 2.24 AL WATHBA, 2.59 LOVE ROME, 3.34 BARAK WARRIOR, 4.09 CANCELLED, 4.44 ART LOVER, 5.19 RICARDO PHILLIPS.

2.24 EBF NOVICE STAKES (3) (2-Y-O) 7f Winner £6,804 (3 run)
1 (2) 2 **AL WATHBA** (29) C Appleby 9-7.............................C Planas
2 (1) **EBT'S WARRIOR** W Muir & C Grassick 9-7......... L Edmunds
3 (3) 22 **JIMTROTT** (38) E J-Houghton 9-7 ....C Bishop
BETTING: 4-6 Al Wathba, 6-4 Jimtrott, 14 Ebt's Warrior.

2.59 NURSERY (5) (2-Y-O) 7f Winner £4,187 (6 run)
1 (6) 32 **LOVE ROME** (27) C Johnston 9-9............................ C Fallon
2 (2) 321 **GREEK SYMPHONY** (27) Oliver Cole 9-6 (D)........Mason Paetel (5)
3 (3) 603 **BAYSIDE** (38) B Millman 9-5 .... L Edmunds
4 (4) 664 **KATIE'S CAVALIER** (15) D Loughnane 9-1.........S De Sousa
5 (5) 032 **BETTER NATURE** (33) J Portman 9-0..................R Hornby
6 (1) 334 **JAZZY BAY** (12) E J-Houghton 8-10 .... O Carmichael (7)
BETTING: 7-4 Greek Symphony, 3 Love Rome, 5 Jazzy Bay, 7 Others.

3.34 HANDICAP (5) 1m 4f Winner £4,187 (6 run)
1 (4) 583 **ROBUSTO** (29) E J-Houghton 6 10-0 (D4) .. Harry Vigors (5)
2 (6) 515 **OTTOMAN** (15) O Greenall & J Guerriero 4 9-9 (CD)..........J Callan
3 (2) -14 **MOUNTBATTEN** (44) Sir M Prescott 3 9-9 (BF, D)..........D E Hogan
4 (1) 781 **BARAK WARRIOR** (39) J Keane 3 9-8 (D).........S De Sousa
5 (5) 231 **AL MASLOOL** (15) W Haggas 3 9-7 (D).................... C Fallon
6 (3) 115 **SAHM NAIF** (19) James Horton 3 9-3...................R Dawson
BETTING: 5-2 Al Maslool, 3 Barak Warrior, 4 Mountbatten, 6 Others.

4.09 FILLIES' HANDICAP (5) 1m Winner £4,187 (5 run)
1 (4) 541 **CANCELLED** (11) J & A O'Neill 5 10-3 (CD)..................K Stott
2 (1) 445 **VENETIAN SKY** (29) W Haggas 3 9-7 .... C Fallon
3 (2) 232 **SPIRITOFTHEBLUES** (11) D O'Meara 3 9-6 (BF)..... M Winn
4 (5) 635 **KAORI** (18) G Boughey 3 9-4..J Callan
5 (3) 413 **TAMZAN** (26) M Tregoning 3 9-4 (D).......................R Hornby
BETTING: 15-8 Cancelled, 3 Spiritoftheblues, 4 Venetian Sky, 5 Others.

4.44 ADS HANDICAP (4) (3-Y-O) 6f Winner £6,281 (6 run)
1 (3) 626 **RAY MON DOUGH** (15) Oliver Cole 9-11 (D)...........H Crouch
2 (1) 7-2 **ART LOVER** (29) W Haggas 9-11 (D)........................ C Fallon
3 (4) 720 **EVENING BLUES** (15) S Hanlon 9-11 ....B Robinson
4 (5) 110 **SEA COOKIE** (31) Tom Clover 9-8 (D2).................N Callan
5 (6) -00 **NUEVO SLOVO** (69) S Pearce 9-7 ....P Bradley
6 (2) 416 **PERCY'S STAR** (36) C Dwyer 8-12 (C) ....S De Sousa
BETTING: 2 Art Lover, 7-2 Sea Cookie, 4 Ray Mon Dough, 5 Others.

5.19 HANDICAP (6) 1m 2f Winner £3,140 (6 run)
1 (1) 111 **PISANELLO** (8) D O'Meara 9 10-1..............Conor Whiteley (5)
2 (4) -32 **RICARDO PHILLIPS** (18) H Candy 5 9-9 (BF, C).....N Currie
3 (6) 444 **KAMEEL** (18) Jessica Macey 4 9-8 .... O Stammers
4 (5) 035 **HACHIMAN** (18) R Carr 4 9-7 ....JP Sullivan
5 (2) 461 **CLIPSHAM NOBLE** (18) C Clover 4 9-5 (CD) .... Liam Wright (5)
6 (3) 380 **READ ALL ABOUT IT** (78) W Muir & C Grassick 4 9-4 ..... L Edmunds
BETTING: 7-4 Pisanello, 5-2 Ricardo Phillips, 4 Clipsham Noble, 6 Others.

BUCK'S PASSED

BY **DAVID YATES**

PAUL NICHOLLS paid tribute to "invincible" hurdler Big Buck's after the record-breaker's death at the age of 23.

Having switched from fences following a 2008 fall, Big Buck's rattled up a then-record 18 straight wins, including four in the Stayers' Hurdle at Cheltenham.

Trainer Nicholls (below) said: "Ability-wise, he was probably as good as anything I've ever trained.

"Over hurdles, he was invincible. History tells you. He won all those Grade 1s on the trot. What a horse!"

RESULTS

ASCOT: Good to firm

1.35: TUCO SALAMANCA (C L Chau 4-1) 1; **GOLD STAR HERO** (20-1) 2; **FANDOM** (5-1) 3. 10 ran. 100-30f All Ways Glamorous. 1½, nk. (Ollie Sangster). Tote: £5.00; £1.50, £5.40, £2.15. Tote Exacta: £75.10. Tricast: £423.30. Trifecta: £448.90. CSF: £82.61.

2.10: DANCING IN PARIS (L Ferraris 17-2) 1; **SHRIMP SHADY** (11-10) 2; **MOUNTAIN ROAD** (10-1) 3. 10 ran. 1l, ½. (I Williams). Tote: £9.55; £2.65, £1.15, £3.45. Tote Exacta: £24.90. Tricast: £100.70. Trifecta: £179.80. CSF: £18.29.

2.45: ASGARD'S CAPTAIN (R L Moore 13-2) 1; **SPORTINGSILVERMINE** (16-1) 2; **ENEMY** (28-1) 3. 10 ran. 9-4f Night Breeze. 1¼, nk. (D Cunha). Tote: £7.50; £1.95, £4.25, £7.70. Tote Exacta: £97.70. Tricast: £2714.36. Trifecta: £2907.40. CSF: £102.34.

3.20: RED SPELLS DANGER (S Osborne 2-1jt-f) 1; **THUNDER CALL** (2-1) 2; **MAY ANGEL** (5-1) 3. 9 ran. 1½, ¾. (T Easterby). Tote: £3.70; £1.40, £1.25, £1.80. Tote Exacta: £12.20. Tricast: £16.54. Trifecta: £37.80. CSF: £5.55. NR: American Gulf.

3.55: ARCHERS BAY (R L Moore 5-2) 1; **KING OF BERKSHIRE** (8-1) 2; **BALTIC FLEET** (28-1) 3. 10 ran. 13-8f Hoseki. 3¼, nk. (M Botti). Tote: £3.75; £1.50, £2.70, £4.60. Tote Exacta: £27.60. Tricast: £456.11. Trifecta: £528.50. CSF: £22.16.

4.30: CROWN BOARD (F Valle Skar 10-1) 1; **BULLET POINT** (7-2) 2; **OZAT** (7-2) 3. 10 ran. 3¾, ns. (J Chapple-Hyam). Tote: £11.00; £3.25, £2.00, £1.85. Tote Exacta: £58.80. Tricast: £155.20. Trifecta: £385.70. CSF: £45.90.

Jackpot: £5,000.00, with £3,544.12 carried over **Placepot:** £100.50. **Quadpot:** £37.10.

AYR: Good-good to soft in places

5.27: ROMAN CRYSTAL (B Garritty 7-2) 1; **BEECHWOOD GLORY** (13-8) 2; **UNBEATABLE FAME** (28-1) 3. 9 ran. 1¾, 2½. (M & D Easterby). Tote: £4.50; £1.60, £1.30, £5.90. Tote Exacta: £14.20. Trifecta: £173.30. CSF: £9.74. NR: Lone Striker.

6.00: SOUTH PARADE (E Tindall 9-2) 1; **STARTLING** (16-1) 2; **HARRY MOLE** (11-2) 3. 12 ran. 4-1f Harb. 1½, 2½. (R & P Fahey). Tote: £6.30; £2.10, £4.20, £1.80. Tote Exacta: £88.90. Tricast: £424.37. Trifecta: £426.90. CSF: £76.98. NR: King Of The Jungle.

6.30: POL ROGER (S B Kirrane 20-1) 1; **TIGER** (6-5) 2; **FAEBERON** (22-1) 3. 13 ran. nk, 2¼. (M Dods). Tote: £26.30; £5.00, £1.20, £6.10. Tote Exacta: £82.70. Tricast: £610.27. Trifecta: £1048.10. CSF: £45.53. NR: Annandale.

7.00: THEORYOFEVERYTHING (J Hart 7-2jt-f) 1; **MILITARY LEADER** (7-2) 2; **BREAKDANCER** (14-1) 3. 10 ran. ¾, shd. (D O'Meara). Tote: £4.60; £1.90, £1.60, £3.20. Tote Exacta: £22.40. Tricast: £158.74. Trifecta: £181.00. CSF: £15.96.

7.30: THUNDERSTORM KATIE (Lauren Young 8-1) 1; **WHISKEY KISSES** (28-1) 2; **MR COOL** (7-2) 3. 13 ran. 100-30f Kelpie Grey. 2l, nk. (J Goldie). Tote: £9.50; £2.50, £5.50, £1.70. Tote Exacta: £245.20. Tricast: £947.12. Trifecta: £2112.30. CSF: £229.63.

8.00: SUPREME CLARETS (W Fentiman 5-1) 1; **RUNNINSONOFAGUN** (4-1) 2; **BLACK STORM** (13-2) 3. 12 ran. 1¾, 1¼. (R & P Fahey). Tote: £6.10; £2.20, £1.80, £2.50. Tote Exacta: £31.80. Tricast: £139.58. Trifecta: £201.10. CSF: £26.98. NR: Phoenix Of Dreams.

8.30: PATRICK STREET (MP Sheehy 11-2) 1; **FLYING MOONLIGHT** (9-4) 2; **FALAISE BLANC** (9-1) 3. 12 ran. hd, 3¼. (A Kinirons (IRE)). Tote: £6.70; £2.40, £1.50, £2.60. Tote Exacta: £28.70. Trifecta: £183.00. CSF: £19.22. NR: Charencey.

Placepot: £45.80. **Quadpot:** £15.90.

HAYDOCK: Good-good to firm in places

1.50: LC TIFFEN (Molly Gunn 80-1) 1; **SAXOPHONIST** (4-1) 2; **BRIGHTON VIEW** (2-5) 3. 5 ran. nk, 1¼. (L Williamson). Tote: £81.00; £11.10, £1.20. Tote Exacta: £224.40. Trifecta: £490.10. CSF: £354.47. NR: Claytons Kolatonic.

2.25: SALLAAL (R Dawson 1-2f) 1; **SEA SCOUT** (11-1) 2; **NAHRAAN** (5-1) 3. 4 ran. 1¾, 1l. (R Varian). Tote: £1.50; Tote Exacta: £5.40. Trifecta: £11.90. CSF: £6.32. NR: Danger Bay.

3.00: CALENDAR GIRL (C Rodriguez 13-2) 1; **PACIFIC MISSION** (12-1) 2; **FALLEN ANGEL** (11-8) 3. 10 ran. 1¼, nk. (Owen Burrows). Tote: £7.50; £3.10, £1.20, £2.00. Tote Exacta: £76.20. Trifecta: £298.00. CSF: £79.61. NR: Maeva.

3.34: PELLITORY (D Tudhope 3-1) 1; **CRIMSON SPIRIT** (5-2) 2; **CHRISTIAN DAVID** (3-1) 3. 6 ran. 3¾, ¾. (D O'Meara). Tote: £4.00; £2.10, £1.80. Tote Exacta: £12.50. Trifecta: £31.80. CSF: £11.27. NR: Wechaad.

4.09: NORCROSS BROW (Liam Wright 4-1) 1; **CRAFTY BLUE** (5-1) 2; **GALBA** (6-1) 3. 8 ran. 15-8f Norfolk Blue. nk, 2½. (Charlie Clover). Tote: £5.00; £1.60, £1.80, £1.80. Tote Exacta: £24.30. Tricast: £109.48. Trifecta: £87.50. CSF: £24.66. NRs: Berlinetta, Napolian.

4.40: ARCTIC THUNDER (K Shoemark 7-2) 1; **INSPIRED** (17-2) 2; **YORKSHIRE** (11-1) 3. 13 ran. 100-30f Lost Signal. 2½, ¾. (E Walker). Tote: £4.70; £1.80, £3.00, £3.40. Tote Exacta: £39.60. Tricast: £313.92. Trifecta: £307.60. CSF: £35.20. NR: Skipper.

5.10: HOME HERO (L Catton 7-2) 1; **SUNSHINE AND ROSES** (11-1) 2; **SANDY CRAIC** (3-1) 3. 6 ran. 5-2f Suggy. 2¾, ½. (H Palmer). Tote: £4.80; £2.30, £3.20. Tote Exacta: £35.50. Tricast: £122.19. Trifecta: £109.00. CSF: £37.26. NRs: Director's Cut, Forever Endless.

Placepot: £155.60. **Quadpot:** £16.90.

KILBEGGAN: Good-good to yielding in places

5.18: FACILE OCEAN (E Finegan 2-1jt-f) 1; **FIRST ASCENT** (2-1) 2; **NOT IN A HURRY** (28-1) 3. 11 ran. 14l, ½. (Ciaran Murphy). Tote: €3.00; €1.50, €1.20, €3.90. Tote Exacta: €8.20. Trifecta: €73.80. CSF: €5.93.

5.48: CONVINCING (E Finegan 8-1) 1; **BLUE REED** (7-1) 2; **SYOSSET** (7-4) 3. 13 ran. nk, 4¼. (Ciaran Murphy). Tote: €9.20; €2.60, €1.60, €2.40. Tote Exacta: €84.20. Tricast: €146.38. Trifecta: €370.50. CSF: €65.42. NR: Zaryagle.

6.18: COOLADDI (K Buckley 2-1) 1; **TYSON FURY** (6-5) 2; **MASTER SYDNEY** (11-1) 3. 13 ran. 2¼, 1¼. (Conor Maxwell). Tote: €3.10; €1.20, €1.10, €2.10. Tote Exacta: €6.00. Trifecta: €32.70. CSF: €5.28.

6.48: ROCKY'S DIAMOND (M Kenneally 10-11f) 1; **REMEMBERWHAT** (50-1) 2; **DRUMGILL** (5-1) 3. 5 ran. 1¼, ¾. (D Queally). Tote: €1.91; €1.10, €4.20. Tote Exacta: €33.70. Trifecta: €196.30. CSF: €25.37.

7.18: ANODANDAWINK (Peter Smithers 6-5f) 1; **KINGS JET** (8-1) 2; **THE LITTLE YANK** (11-4) 3. 4 ran. 4l, 1¼. (Ciaran Murphy). Tote: €2.20; Tote Exacta: €9.00. Trifecta: €32.50. CSF: €9.40. NR: Mistyburn.

7.48: REXEM (Josh Williamson 7-2) 1; **JASKO DES DAMES** (10-1) 2; **MICKIE ANGEL** (100-30) 3. 8 ran. ½, 4¾. (J McConnell). Tote: €4.50; €1.30, €2.70, €1.30. Tote Exacta: €41.80. Tricast: €126.78. Trifecta: €126.80. CSF: €37.21.

8.18: CONFIDENCE WITHIN (Miss Phidelma Elvin 10-1) 1; **HOT ROCK HARRY** (2-1) 2; **MR ENIGMA** (5-2) 3. 6 ran. 9½, 6½. (P J Rothwell). Tote: €11.50; €3.10, €1.20. Tote Exacta: €18.50. Trifecta: €85.30. CSF: €31.24.

Placepot: €9.90.

LINGFIELD: Standard

5.40: FEMME FATALE (G Wood 100-30) 1; **FABLED SPIRIT** (15-2) 2; **LAST FLIGHT** (13-2) 3. 10 ran. 2-1f Si White. hd, ns. (J Tate). Tote: £5.40; £1.60, £2.30, £2.20. Tote Exacta: £34.70. Tricast: £156.91. Trifecta: £145.90. CSF: £28.40.

6.10: WYLE COP (Jason Watson 9-1) 1; **SUNLIT SEA** (6-5) 2; **GO LOCKERS GO** (15-2) 3. 6 ran. 1¼, 1½. (Jack Jones). Tote: £10.50; £4.60, £1.50. Tote Exacta: £31.90. Trifecta: £153.20. CSF: £20.54.

6.40: HALIMEDE (L Morris 8-15f) 1; **V POWER** (10-1) 2; **SHOPAHOLIC** (15-2) 3. 7 ran. 3¼, 2¼. (Sir M Prescott). Tote: £1.54; £1.10, £3.10. Tote Exacta: £6.20. Trifecta: £27.20. CSF: £7.96.

7.10: KANZI (C Shepherd 8-11f) 1; **OZONE FRIENDLY** (5-1) 2; **SAFFRON BAY** (100-30) 3. 6 ran. 2½, ns. (C Johnston). Tote: £1.73; £1.10, £3.40. Tote Exacta: £4.20. Trifecta: £10.40. CSF: £4.99. NR: Norfolk Dream.

7.40: HUSCAL (Jason Watson evensf) 1; **TATTIE BOGLE** (11-1) 2; **ROGUE SUPREMACY** (13-2) 3. 7 ran. 1¼, 2¼. (C Hills). Tote: £2.00; £1.60, £2.80. Tote Exacta: £10.00. Trifecta: £55.40. CSF: £14.34.

8.10: A LOTT OF KANE (J Haynes 6-4f) 1; **DR ALI** (12-1) 2; **HENRY TUDOR** (16-1) 3. 10 ran. ½, 1¼. (C Banham). Tote: £2.50; £1.20, £2.80, £2.30. Tote Exacta: £22.30. Trifecta: £215.90. CSF: £21.61.

Placepot: £26.20. **Quadpot:** £3.00.

NEWMARKET: Good to firm

1.55: SUGAR YES PLEASE (C Bishop 11-1) 1; **NUIT D'ECLAIR** (6-4) 2; **MARTINET** (14-1) 3. 7 ran. ½, 4½. (E J-Houghton). Tote: £12.00; £4.60, £1.50. Tote Exacta: £36.60. Trifecta: £226.00. CSF: £27.05.

2.30: EABHA (C Bishop 15-2) 1; **MYSTERIOUS TIMES** (6-5) 2; **THEHEATISON** (33-1) 3. 7 ran. 1l, nk. (E J-Houghton). Tote: £8.50; £3.00, £1.40. Tote Exacta: £22.30. Tricast: £278.11. Trifecta: £189.70. CSF: £16.59. NR: Regal Tiger.

3.05: LEX VICTORIA (D Probert 4-1) 1; **THI QAR** (9-1) 2; **WATCH PARTY** (13-8) 3. 6 ran. nk, 4½. (S & E Crisford). Tote: £5.00; £2.10, £3.30. Tote Exacta: £20.20. Trifecta: £52.40. CSF: £37.64. NRs: Danse Royale, Rubyroo.

3.40: ARCTIC DAWN (H Crouch 11-2) 1; **CASTLE ROCK** (5-2) 2; **HUMAM** (11-1) 3. 10 ran. ½, ½. (D & C Kubler). Tote: £7.20; £2.20, £1.60, £2.80. Tote Exacta: £22.70. Tricast: £153.96. Trifecta: £277.00. CSF: £20.15.

4.14: MAN OF VISION (Toby Moore 7-2) 1; **GO RIMBAUD** (6-1) 2; **DRYMEE** (100-30) 3. 6 ran. 5-2f Runswick. ns, ¾. (C Appleby). Tote: £4.50; £2.00, £2.70. Tote Exacta: £21.10. Trifecta: £70.50. CSF: £24.03. NR: Luzon Heights.

4.50: BRAVE NATION (B Loughnane 15-8f) 1; **LION'S HOUSE** (9-4) 2; **THORNABY PEARL** (9-2) 3. 6 ran. hd, nk. (M Attwater). Tote: £2.88; £1.60, £1.60. Tote Exacta: £8.40. Trifecta: £21.30. CSF: £6.66.

5.23: PRINCE QUATTRO (Mason Paetel 100-30) 1; **JACK LANGLEY** (11-8) 2; **FRAM CASTLE** (100-30) 3. 6 ran. 2¼, nk. (James Owen). Tote: £4.34; £1.90, £1.30. Tote Exacta: £9.80. Trifecta: £22.60. CSF: £8.51.

Placepot: £85.10. **Quadpot:** £25.90.

REDCAR: Good to firm-good in places

2.02: RAGGAAS (Oisin Orr 15-8) 1; **YIMMNA** (4-7) 2; **WAR AND LOVE** (10-1) 3. 8 ran. 2l, 5½. (S & E Crisford). Tote: £2.90; £1.10, £1.10, £1.90. Tote Exacta: £4.10. Trifecta: £8.50. CSF: £3.43.

2.37: SAXON GRACE (Shane Gray 3-1) 1; **ITSZABOY** (33-1) 2; **ICE SHOW** (28-1) 3. 8 ran. 13-8f Here Comes Louie. 2¾, ¾. (D Bourke). Tote: £4.00; £1.30, £6.50, £6.10. Tote Exacta: £94.00. Tricast: £2352.15. Trifecta: £3686.60. CSF: £96.00.

3.12: WELBURY (Oisin Orr 9-1) 1; **BARLEY** (11-2) 2; **NYMAN** (11-1) 3. 14 ran. 7-2f Illy's Roo. 7l, 1¼. (E Bethell). Tote: £10.00; £2.90, £2.20, £2.90. Tote Exacta: £56.30. Tricast: £574.94. Trifecta: £691.10. CSF: £60.65.

3.47: ROSENPUR (D Keenan 12-1) 1; **FIDELIUS** (12-1) 2; **SPRING IS SPRUNG** (4-1) 3. 5 ran. 5-4f Democracy Dilemma. ns, shd. (J Candlish). Tote: £13.00; £3.30, £2.90. Tote Exacta: £39.80. Trifecta: £188.40. CSF: £115.70.

4.19: DORALEE (D Nolan 3-1) 1; **ELLIE'S DE VEGA** (7-4) 2; **PINPOINT** (4-1) 3. 7 ran. 1l, ¾. (D & N Barron). Tote: £5.10; £1.90, £1.60. Tote Exacta: £11.70. Trifecta: £31.00. CSF: £8.62. NR: Brave Bob.

4.57: NEWPORT (Oisin Orr 2-1) 1; **DUBAI VENTURE** (7-4) 2; **SARATOGA GOLD** (12-1) 3. 9 ran. 1½, 1¼. (I Jardine). Tote: £3.00; £1.20, £1.10, £2.70. Tote Exacta: £6.90. Tricast: £30.67. Trifecta: £49.20. CSF: £5.83. NR: Gemical.

5.31: FRENCH AFFAIR (S D Bowen 13-8f) 1; **SPACE BEAR** (11-4) 2; **MASABAN** (11-4) 3. 7 ran. nk, 1¾. (J Candlish). Tote: £2.63; £1.80, £1.50. Tote Exacta: £7.90. Trifecta: £18.20. CSF: £6.39.

Placepot: £331.90. **Quadpot:** £50.90.

WEXFORD: Good-good to yielding in places

2.15: KINGSIDE LADY (A Harvey 33-1) 1; **BABY PEARL** (7-1) 2; **CASHELDALE LASS** (14-1) 3. 11 ran. 11-8f Tell The Boys. 2l, 3½. (J McConnell). Tote: €37.50; €6.50, €1.50, €3.20. Tote Exacta: €401.10. Trifecta not won. CSF: €253.40. NR: Ribadora.

2.50: HARPY EAGLE (P J Cody 4-1) 1; **OCEAN MURPHY** (13-8) 2; **ISDISTHEONE** (2-1) 3. 6 ran. 3l, 11l. (R P Cody). Tote: €5.00; €2.10, €1.80. Tote Exacta: €9.20. Trifecta: €24.50. CSF: €11.46. NR: Morell River.

3.25: WEST AWAY (P M O'Brien 10-1) 1; **JACKSON LAMB** (28-1) 2; **SCALPNAGOON** (11-1) 3. 6 ran. 4-11f Nadia's Boy. 4½, 6½. (P E Collins). Tote: €12.40; €3.00, €6.90. Tote Exacta: €103.10. Trifecta: €742.60. CSF: €153.68. NR: Begger.

4.00: BEGGARS ROCK (K Sexton 13-2) 1; **LEAVE IN SECRET** (5-4) 2; **CENTREOFATTENTION** (12-1) 3. 8 ran. 4¼, 32l. (Ian Donoghue). Tote: €7.50; €1.50, €1.30, €2.70. Tote Exacta: €19.00. Tricast: €99.71. Trifecta: €89.40. CSF: €16.51. NR: Tequila Talkin'.

4.35: ROCKONLIAM (D J O'Keeffe 7-4f) 1; **TEENAGE KISS** (7-2) 2; **CEROC** (3-1) 3. 7 ran. 6l, ¾. (H De Bromhead). Tote: €2.75; €1.50, €2.20. Tote Exacta: €7.10. Trifecta: €23.20. CSF: €9.18.

5.05: RIGHTFOLKSPLEASE (K P Healy 2-1f) 1; **LADY DOYANNE** (11-4) 2; **BALLYBRITTAS** (3-1) 3. 6 ran. ½, 3½. (D Queally). Tote: €3.00; €1.50, €1.90. Tote Exacta: €10.50. Trifecta: €31.00. CSF: €8.68. NR: Kilbrin Rocco.

5.35: ALICIOUS (Mr P W Mullins 7-4) 1; **DANCING SYMBOL** (7-1) 2; **THE LODGE LANE** (10-1) 3. 7 ran. 11-10f Honey Buck's. 1½, 2¾. (W P Mullins). Tote: €2.75; €2.60, €1.40. Tote Exacta: €18.00. Trifecta: €49.80. CSF: €15.18. NRs: Hee Hiles, La Muleta, Prometteuse.

Placepot: €818.90.

ONE A DAY By David Yates

CRIMSON ROAD 5.01 Chepstow, Today
SHE COMMANDS 3.00 Lingfield, Tuesday
ROI DE COEUR 4.00 Kempton, Tomorrow
DARKENED EDGE 4.07 Ffos Las, Wednesday

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Hull fires to stay in the hunt

GOLF

CHARLEY HULL is three shots off Canada's Anna Huang heading into today's final round of the PIF London Championship at Centurion Club.

After setting a course record 62 on Friday, the Englishwoman shot nine birdies in a round of 67 to move to 16 under but Huang's 65 saw her hold her lead on 19 under.

Hull (above) posted on X: "I felt great out there today, everything came together beautifully."

Irishwoman Aine Donegan's 69 leaves her in third on 11 under.

GILBERT WIN JUST DIVINE

SNOOKER

DAVID GILBERT ended Ding Junhui's hopes of a third China Open title with a crushing 6-1 victory in Taiyuan.

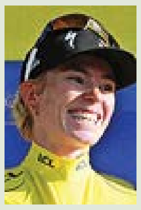
The Englishman (inset) rolled in breaks of 69, 53, 67, 72, 110 and 103.

"Ding is a god and we can only thank him for what he has done for snooker," said Gilbert.

"I've so much respect for the guy. To get a win over him and to play well is brilliant for me."

Mark Williams lost 6-3 to Zhou Yuelong while Wu Yize, playing a ranking event match as world champion for the first time, beat Yao Pengcheng 6-5.

Demi has more than a chance



CYCLING

DEMI VOLLERING has an eight-second lead going into today's Tour de France Femmes finale after claiming victory on stage eight from Sisteron to Nice.

The Dutch rider (above) came home 17 seconds ahead of Elisa Longo Borghini and Poland's Kasia Niewiadoma-Phinney yesterday.

The latter is her nearest challenger with Swiss star Marlen Reusser over a minute behind ahead of the 99.2km showdown on the mountain in Nice.

ROCKETS NAT TO BE DENIED

CRICKET

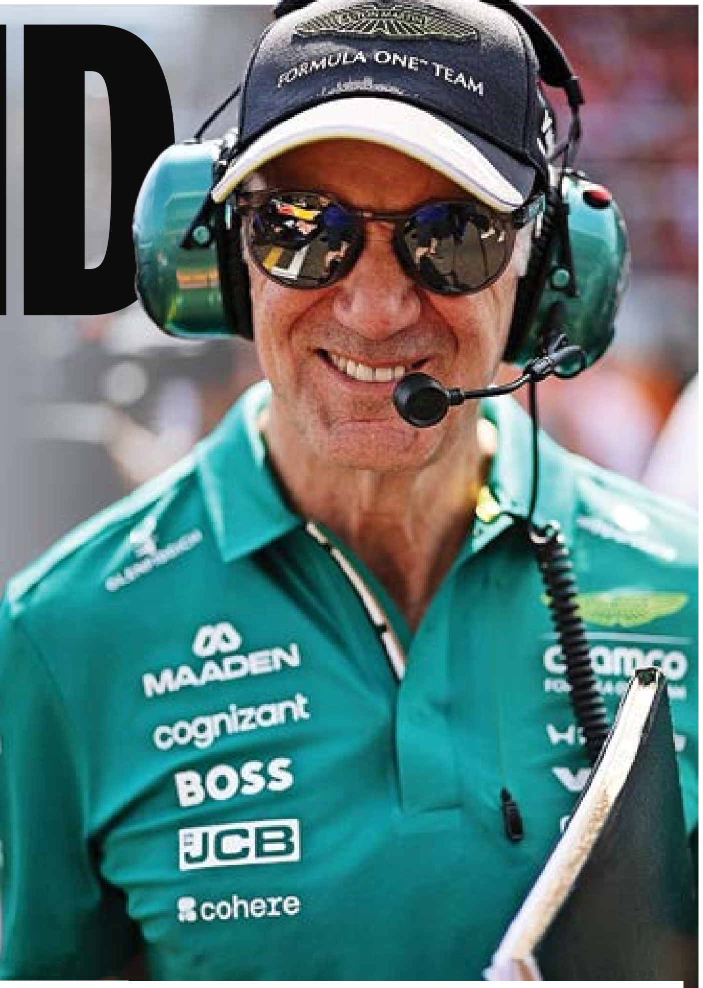
NAT SCIVER-BRUNT and Beth Mooney both made half-centuries as Trent Rockets sealed their place in The Hundred knockout phase with a nine-wicket win over MI London at The Oval.

Sciver-Brunt (inset) struck one six and nine fours for a 36-ball 67 and opener Mooney hit six fours in an unbeaten 54 off 44 deliveries.

The Rockets cruised to victory with 18 balls to spare after MI London had been restricted to 121-5.

Australian spinner Sam Bates did most of the damage with the ball for the Rockets as she took 3-13.

A BRAND NEWEY START



Aston Martin guru is force keeping long-term project on track

EXCLUSIVE BY **DANIEL MOXON**

ADRIAN NEWEY has helped miserable Aston Martin staff keep the faith during a torrid Formula One season.

That's the claim made by ambassador Pedro de la Rosa at a key moment in the project – as optimism creeps back in.

Celebrated designer Newey's first Aston Martin car is a dud and the Honda engines that propel it have been unreliable and down on power.

At the lowest point, the car was more than four seconds per lap off the pace leaving Fernando Alonso and Lance Stroll powerless on track.

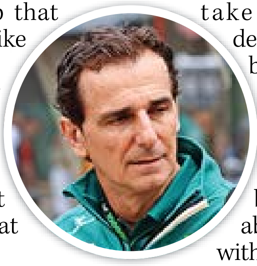
But De la Rosa (inset) – who raced in F1 for the likes of Jaguar, McLaren and Sauber – insists the faith in Newey to deliver has not wavered.

He said: "After such a difficult start, if you don't have someone like Adrian in the team, we wouldn't have been able to keep as strongly united as we have. And that is key.

"Having a person like him, a leader, makes the difference. It doesn't take a lot in a Formula 1 team to actually lose track and start doubting your own tools, about your own people, about everything.

"Having Adrian has been absolutely key in actually keeping us as strongly united as we are. We should not underestimate this quality.

"It's not only about being a genius behind the drawing board, it's a lot more. Adrian brings a lot more, brings that leadership that you need in situations like we've experienced."



Aston Martin finally brought its first huge upgrade package to Hungary just before the summer break and it immediately halved that massive pace deficit.

And there's more on the way with a new Honda engine ready for the first race back, at Zandvoort, and another chassis package to follow not long after.

While other teams have made smaller improvements to their car as the season has gone on, Newey and Aston Martin decided early on to hold fire. Teams must watch the pennies in this budget-cap era and Newey (above) felt their best shot was to focus on a complete redesign.

But that took time and meant months of enduring the pain as they flopped on track.

De la Rosa said: "You have to be very brave in any Formula 1 team to take mid-to-long-term decisions. They are correct, but sometimes you don't make it that far, for many reasons.

"That is a huge quality that Adrian has brought here, which has absolutely nothing to do with his strength behind the design process."

Whatever Aston Martin's upgrades deliver this season, it seems too late for it to have any bearing on Alonso's big decision.

Now a father, he turned 45 last month and said he will decide this summer whether or not it will be his last year on the F1 grid. An ambassadorial role is waiting for Alonso at Aston Martin, though De la Rosa thinks the team will benefit from having him out there on track for a little longer.

He said of his fellow Spaniard: "As a friend as well, I hope he stays. Fernando works so well with Lance together, as a team-mate.

"I think it helps the fact that Fernando is at the end of his career and Lance has a whole career in front, so Fernando is really not in a position of hiding anything or playing tricks.

"He's just been very open. I think Lance realises that, and they really get on very well, which is critical.

"I hope he stays but whatever he decides, he will play an important role. He's just a big asset for us.

"If he stays as an ambassador, I'm sure that he will do a much better job than myself!

"I just hope he stays in the sport. Because if he doesn't stay here, he will definitely race elsewhere. In F1, he still deserves to achieve a good result. Then we will let him leave."

HE'S THE DADDY
Fernando Alonso in his Aston Martin at the Hungarian Grand Prix in the month he turned 45

EXCLUSIVE
BY **GARY FITZGERALD**

OLLIE'S 'HEAD IN RIGHT SPOT' TO LEAVE ASHES FLOP BEHIND

OLLIE POPE is itching to get back out into the heat of Test battle and prove against Pakistan that he does have the mental and physical powers to thrive once more.

Having been given a lifeline back into the England squad following his Ashes failure last winter, the 28-year-old believes he is in a good place now to go again on the international stage.

Joe Root's return as team leader was instrumental in the door being opened again for Pope, whose woes Down Under saw him average 20.8 in six innings.

And the shoulder injury Emilio Gay (inset, top) sustained playing for Durham in the One Day Cup on Friday could just have nudged him a little closer to a potential start in the first Test against Pakistan at Headingley on August 19.

England are now assessing the damage to Gay and, with less than two weeks before the opening clash with the tourists in Leeds, will need to weigh up possible opening partners for Ben Duckett.

But with those options limited – especially anyone with real depth of Test experience who is in form – asking Pope to step up to do the job for only the second time cannot be ruled out.

The Surrey batsman with 64 Tests behind him did just that against Pakistan two years ago and his hard work sorting out his technique has recently paid off with strong performances for his county.

He has hit 510 runs in his 12 County Championship innings this summer averaging 56.

Pope, who lost his England No.3 spot to Jacob Bethell (left) after the third Test loss to Australia (right), would jump at the chance of batting anywhere in the line-up.

The former vice-captain said: "I've always had an open mind about moving up the order. I feel I have a game that can adapt to any conditions.

"Last winter was tough and two bad games in The Ashes cost me my spot. The feeling out there was shocking... it was a pretty bang-average feeling!

"There's a perception that it was more of a mental thing for me but I couldn't disagree more. My technique and game wasn't where it needed to be, and against the best in the world you get exposed pretty quickly.

"I understood the change to the team at the start of the summer.

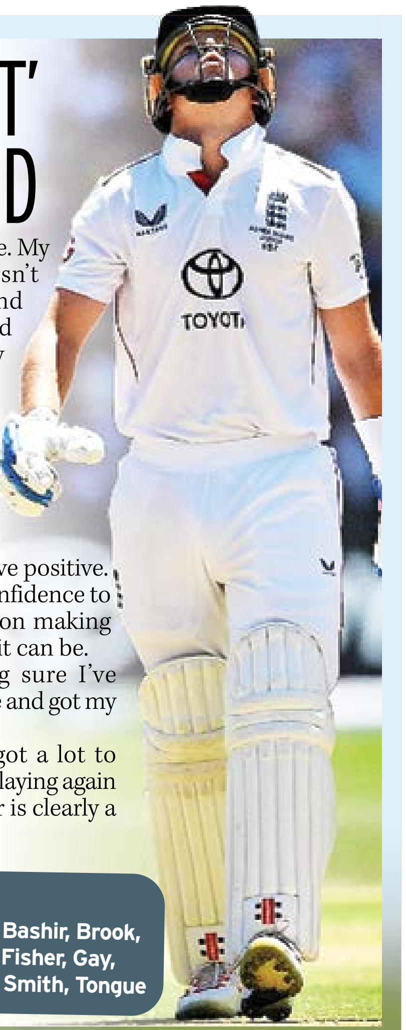
"The main thing is what they think the best team is now – and the fact I'm in the frame for a place is a massive positive.

"It's great they had the confidence to pick me. I'm just focusing on making sure my game's as ready as it can be.

"It's now about making sure I've smoothed out the technique and got my head in the right spot."

He added: "I still have got a lot to prove against Australia. So playing again in The Ashes here next year is clearly a big goal for me."

England squad
Root (c), Archer, Atkinson, Bashir, Brook, Carse, Cook, Cox, Duckett, Fisher, Gay, Lawrence, Pope, Robinson, Smith, Tongue



Land of Pope & glory

URN BID'S ON GRIN ICE
Australia's bowlers wiped the smile off Pope's face Down Under last winter

GIANT CONTRIBUTION Winger Sam Halsall touches down for Huddersfield

SAM'S DOUBLE MARKS GIANTS' HOME SWITCH

Huddersfield 42 Catalans 20

BY **WILLIAM JACKSON**

CRISIS CLUB Huddersfield Giants will call Dewsbury's Flair Stadium their new home from 2027.

The Giants have been looking for a new home over the last few years amid widespread acceptance the 24,500-capacity Accu Stadium is unsuitable.

The club were initially keen on using Halifax's The Shay as a temporary base while plans for a new purpose-built stadium were put in place.

However, the Giants have now confirmed they will move 10 miles to Dewsbury after agreeing to share the Rams' ground from next season while they look for a permanent base.

Giants owner Ken Davy said: "It's no secret that we have fought to find a home in Huddersfield.

"The Flair Stadium is the perfect location, it will have the right capacity and facilities for the Giants and its fans to thrive while we continue the search for our permanent home. Our one giant future starts now."

The Giants have announced plans to put more than £10million into the ground to build a new stand, increase the capacity from 5,000 to 8,000, improve facilities and bring the venue up to Super League standards.

Davy added: "My overriding aim is to create a purpose-built stadium within Huddersfield for the Giants to call home.

"My commitment on that has not wavered."

The Giants marked the announcement with a rampant 42-20 win over Catalans Dragons, having raced into a 36-0 lead before the break at the Accu Stadium.

Fit-again Sam Halsall and Connor Wrench each crossed twice, with Fenton Rogers, Sam Hewitt and Zane Dunford also scoring tries.

Catalans, down to 12 men following Franck Maria's dismissal, replied through Ben Condon's brace and tries from Leo Darrelatour and Charlie Staines.

After their third win in a row, Giants coach Jim Lenihan said: "It's been a good club day. Really happy all round."

Wigan 48 Toulouse 18

BEVAN FRENCH inspired Wigan to a 10th straight Super League win as they climbed to second in the table.

The Warriors only led 24-18 at half-time with Zach Eckersley, French, Liam Marshall and Noah Hodkinson touching down.

But with French sparkling, Eckersley, Sam Eseh, Jai Field and Marshall crossed for tries. Harry Smith finished with eight goals.

GREAT SCOTT EYES PRIZE

BY **PAUL EDDISON**

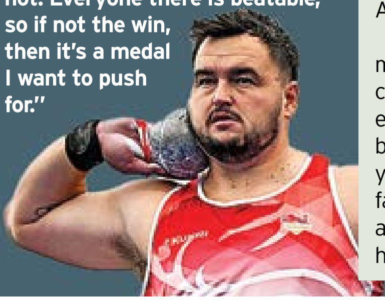
SHOT-PUT star Scott Lincoln hopes to form one half of a golden British couple at this week's European Championships.

Lincoln co-captained Team England's athletics squad at the recent Commonwealth Games, claiming bronze, and is among the host nation's leading medal hopes at Birmingham's Alexander Stadium.

He is joined in the 98-strong Novuna GB & NI squad by his partner, national javelin champion Freya Jones, 32.

The 33-year-old (right) said: "It's going to be the first championships we're doing together as a couple. She's one to watch and it'll be exciting to stick around for the week and help her later in the week.

"I want to win it. It will be a tough ask, but I don't see why not. Everyone there is beatable, so if not the win, then it's a medal I want to push for."



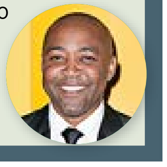
GAMES SHOW

BY **LAURA HOWARD**

SPRINTING legend Darren Campbell believes a home European Athletics Championships will boost Team GB's hopes of athletics success at the LA Olympics in 2028.

They will be held in the UK for the first time this week at Birmingham's Alexander Stadium.

Three-time European gold medallist Campbell (inset) said: "This competition will be a fantastic experience. And it will see the bigger fruits, I feel, in two years' time. It's fantastic that we have a home championship heading into LA."



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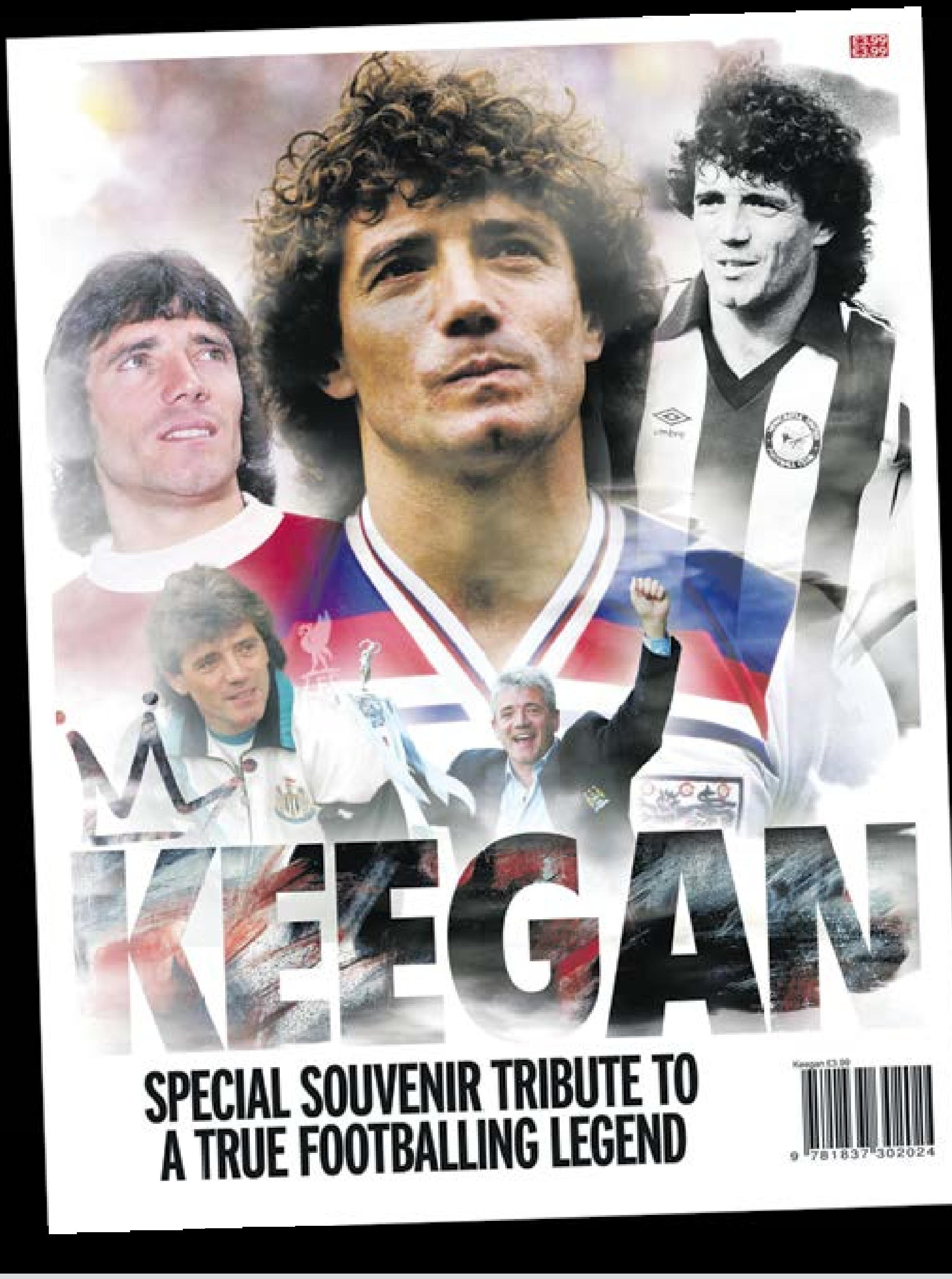

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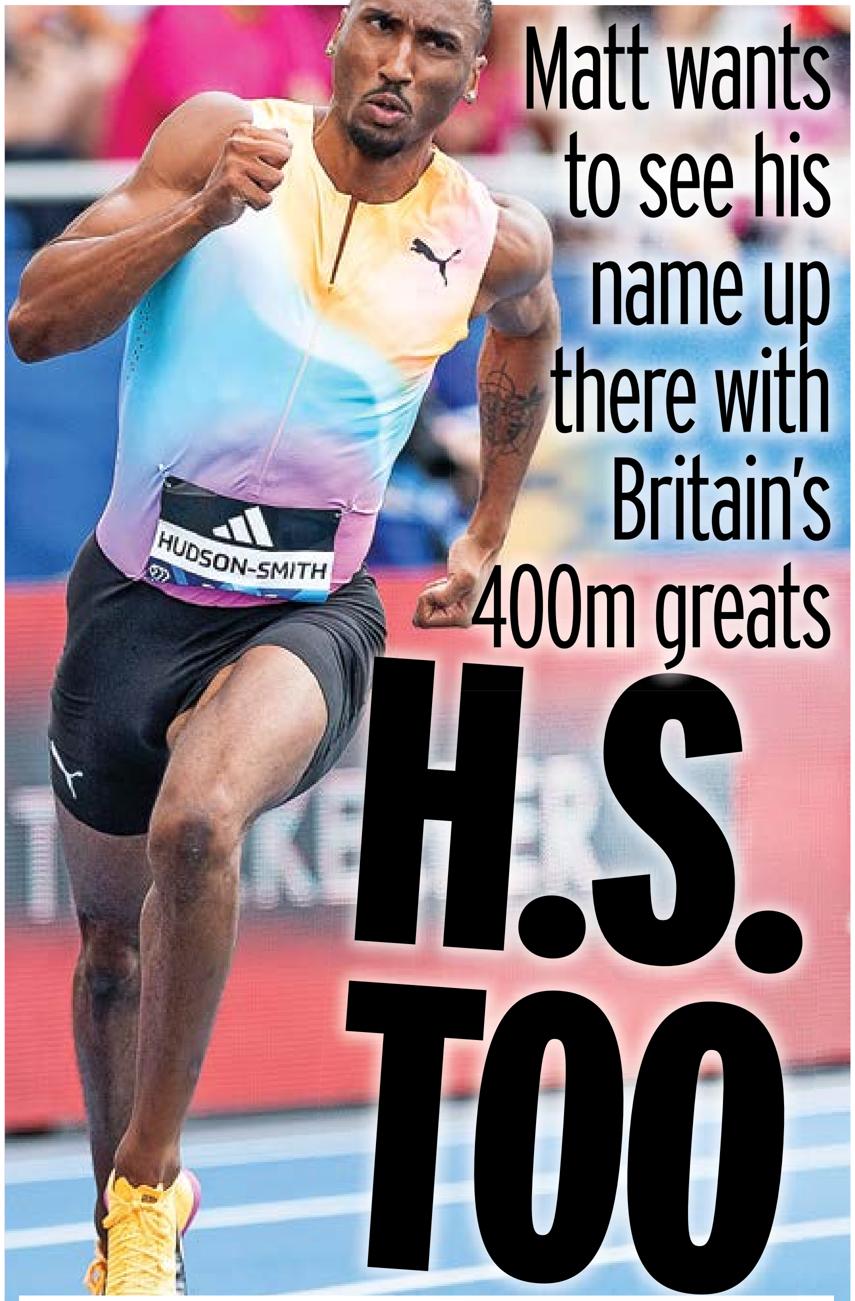


Matt wants to see his name up there with Britain's 400m greats

H.S. TOO

BY **PHIL CAMPBELL**

MATT HUDSON-SMITH is a man on a mission in Birmingham this week as he pursues a statement performance at the European Athletics Championships.

While a fifth European gold is certainly on the agenda for Hudson-Smith (above), the 400m specialist wants to leave an indelible imprint on British athletics at the event, which begins tomorrow morning and runs until next Sunday.

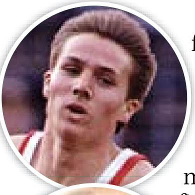
The Wolverhampton-born sprinter has had a stand named after him at the Alexander Stadium, the 18,000-capacity host of these European Championships.

And he'll be looking to do it proud as he returns to the home of his first club to compete in the first ever Europeans to be hosted on UK soil.

Hudson-Smith, European record holder over 400m, said: "In a sense, I've got the medals and the records. For me now, it's more about legacy, showing people it can be done.

"The goal is to win. That's the same every time I step onto the track.

"But we already have a rich 400m history with runners such as Roger Black (inset top), Derek Redmond (inset) and Martyn Rooney, and I want to leave my own imprint and show we are a sprinting nation."



Hudson-Smith, 31, was in fine form at the recent UK Championships in Birmingham, claiming a sixth national 400m title, coming home in 44.45secs ahead of Ben Jefferies and Charlie Dobson.

The Olympic 400m silver medallist missed last year's UK event and did not make the final at the 2025 World Athletics Championships in Tokyo.

Now back to full fitness, the Birchfield Harrier said: "Last year there were a lot of complications. I was world No.1, it was a whirlwind.

"I was at the hospital bed for five days due to my wife giving birth, and when I got to the Worlds, I was injured.

"I went in compromised, from world No.1 to hardly making it out of the semi-final, which was tough. But it's part of the sport really.

"My coach said I needed to make a statement coming into the Europeans to show that I'm back.

"I am excited to represent Great Britain and my family, and I'll put on a show at the Europeans."

"Hopefully it's a British one-two-three and it's me first," he laughed.

"The city, Wolverhampton, Birmingham, has done so much for me and it's home. If we had good weather, I would never leave.

"It means the world to me to come back here, run and just show my talents to the kids here.

"For me, it's like, 'How can I impact people?' I just want to give back and create my own legacy."

■ *Novuna is the Official Finance Partner of British Athletics and proud sponsor of the GB & NI Athletics Team. From everyday goals to world-class dreams, Novuna backs the ambition of millions across the UK – from supporting British businesses and individuals' plans, to powering British Athletics on the global stage. Find out more at www.novuna.co.uk*

Espirito's away

BY **DARREN WELLS**

TATY AND BOWEN HIT GROUND RUNNING TO GET NUNO FLYING

WEST HAM	3
PORTSMOUTH	1

NUNO ESPIRITO SANTO insisted he and his West Ham players "need to focus" on football matters after their 3-1 win over Portsmouth was watched by under-fire co-owner David Sullivan.

Sullivan took his spot in the stands to watch the Hammers come from behind to beat Pompey and book their spot in the Carabao Cup second round, despite being advised not to attend by stadium operators amid allegations of sexual misconduct, which he denies.

The hosts went behind to an Adrian Segecic effort in the 33rd minute before Jarrod Bowen's goal and a Taty Castellanos brace completed the fightback in front of the largest-ever crowd – 53,369 – at a Carabao Cup first-round match.

Nuno (inset) said: "We are focused on the pitch. The noise that comes from outside cannot distract us.

"We're going to find a lot of noise so we need to focus on the game, do our job, and the players did.

"It is good to start with a win, especially at home with 50,000 fans inside the stadium. We can't thank them enough, it's amazing."

The Hammers' pedestrian start was punished by Pompey in the 33rd minute when Segecic controlled Max Kilman's clearance. The Croatian then let fly with a left-footed shot which rebounded off the West Ham defender and into the bottom corner to the delight of the 9,000 travelling Pompey fans.

Portsmouth enjoyed most of the possession in the first half – with new signing Rocco Shein impressing in midfield – much to the frustration of the home fans. And the visitors came close to a second just before the break as Shein let fly with a right-footed shot from distance which was dealt with by the diving Mads Hermansen.

That jolted West Ham into life and they drew level when Mohamadou Kante's simple cut-back was directed into the far corner by Castellanos on 43 minutes.

Captain Bowen then put the hosts in front two minutes later after latching on to Pablo's mis-controlled pass and sending Nicolas Schmid the wrong way with a deflected effort, off the head of Conor Shaughnessy, from range.

The victory was sealed in the 50th minute when Castellanos nodded in Bowen's cross following good work from Kyle Walker-Peters to start the attack.

"It's a good way to start the season," said Bowen. "We knew it was going to be a good test. At first, we probably weren't at the levels we'd expect, but then we got the goals in quick succession.

"We know there's going to be an expectation this season that we're going to get results week in, week out, but we know we're going to have setbacks in games and there are going to be times when we're going to have to fight.

"We have to show we're a winning side, and we did that today."

Portsmouth manager John Mousinho was pleased with the way his side started the game but left London Stadium with regrets.

He said: "Frustrated at the way the game played out. I thought we were excellent for 40 minutes.

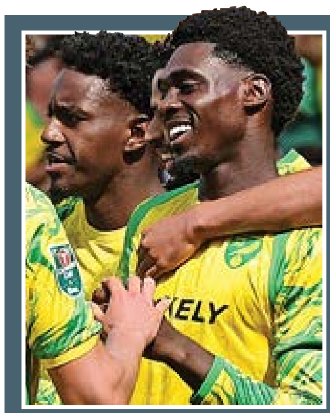
"We played so well and then just shot ourselves in the foot. Five minutes of madness against a side like West Ham.

"If you give them that slight opening, they're going to take it because they've got that quality all over the pitch."

BOWEN ARROW Jarrod Bowen strikes to put West Ham in front in the tie

CUP ROUND-UP

WALKER KEEPS HIS COOL AS CLARETS SURVIVE SCARE



EARLY BIRD Canaries' Toure

BY **DARREN WELLS**

BURNLEY saw off League One Notts County 4-3 on penalties after a 1-1 draw in the Carabao Cup first round.

Veteran Kyle Walker scored the winning penalty after Clarets goalkeeper Max Weiss had saved from Emile Acquah and Jacob Bedeau.

Callum Roberts had given County the lead in the first half at Turf Moor before Zian Flemming's 47th-minute goal.

Blackburn needed two goals in the last 10 minutes to win 2-1 at Burton.

Substitutes Andri Gudjohnsen and Jayden Fevrier sealed the win after 18-year-old Zac Scutt had opened the scoring.

Derby crashed out after a 2-1 home defeat to Championship new boys Lincoln.

Goals from Ben House and Dom Jefferies had the visitors 2-0 up after 23 minutes before Sam Szmodics' brilliant 25-yard volley into the top corner.

Marc Bola snatched Watford a dramatic 99th-minute winner to sink battling League Two Crawley 1-0 at Vicarage Road in Alessio Dionisi's first game in charge of the Hornets.

Jimmy-Jay Morgan was twice on target on his West Brom debut as they thrashed Rotherham 4-1 in Yorkshire.

Mohamed Toure struck in the first minute and Andre Brooks scored on his debut as Norwich cruised to a 4-1 victory over visitors MK Dons.

RESULTS & FIXTURES

ACARABAO CUP — 1st rd: AFC Wimbledon 1 Newport County 1 (AFC Wimbledon win 5-4 on penalties), Barnsley 1 Wigan 1 (Barnsley win 6-5 on penalties), Bradford 2 Rochdale 0, Bristol Rovers 0 Peterborough 1, Bromley 1 Reading 1 (Reading win 5-4 on penalties), Burnley 1 Notts County 1 (Burnley win 4-3 on penalties), Burton Albion 1 Blackburn 2, Cambridge Utd 2 Barnet 1, Cardiff 3 Swindon 2, Cheltenham 1 Charlton 3, Colchester 0 Southampton 2, Crewe 2 Accrington Stanley 1, Derby 1 Lincoln City 2, Fleetwood Town 1 Chesterfield 0, Gillingham 0 Luton 3, Grimsby 1 Blackpool 3, Leicester 1 Northampton 0, Leyton Orient 2 Oxford Utd 0, Norwich 4 Milton Keynes Dons 1, Preston North End 1 Huddersfield 1 (Preston North End win 4-3 on penalties), QPR 1 Millwall 1 (Millwall win 2-0 on penalties), Rotherham 1 West Brom 4, Salford City 1 Shrewsbury 1 (Shrewsbury win 4-3 on penalties), Sheff Wed 1 Bolton 0, Stockport County 1 Doncaster 1 (Doncaster win 5-4 on penalties), Stoke 2 Oldham 0, Swansea 0 Birmingham 1, West Ham 3 Portsmouth 1, Watford 1 Crawley Town 0.

WILLIAM HILL SCOTTISH PREMIERSHIP: Dundee 2 Aberdeen 0, St Mirren 1 St Johnstone 0.

ENTERPRISE NATIONAL LEAGUE: AFC Fylde 2 Wealdstone 2, Altrincham 1 Southend 3, Boreham Wood 3 Tamworth 3, Boston Utd 0 Aldershot 1, Carlisle 2 Worthing 3, Eastleigh 2 Gateshead 1, Forest Green 3 FC Halifax 2, Harrogate Town 5 Solihull Moors 2, Hartlepool 2 Barrow 0, Hornchurch 3 Kidderminster 0, Scunthorpe 1 Yeovil 1, Woking 0 Sutton Utd 3.

RUGBY LEAGUE

Betfred Super League

BRADFORD 4 WARRINGTON 42
HUDDERSFIELD 42 CATALANS D 20
WIGAN 48 TOULOUSE 18

	P	W	D	L	F	A	Pts
Leeds	22	18	0	4	768	326	36
Wigan	22	17	0	5	655	401	34
Wakefield	22	16	0	6	609	376	32
Warrington	21	15	0	6	568	350	30
Hull K R	21	14	0	7	632	339	28
Leigh	22	14	0	8	488	412	28
St Helens	22	12	0	10	502	492	24
Catalans D	22	9	0	13	439	663	18
Toulouse	22	7	0	15	450	592	14
York	22	7	0	15	444	635	14
Castleford	22	7	0	15	390	702	14
Hull	22	6	0	16	385	481	12
Bradford	22	6	0	16	386	671	12
Huddersfield	22	5	0	17	375	651	10

CRICKET

THE HUNDRED (MENS) — MI London Men 147-7 (100 Balls; S M Curran 72); **Trent Rockets Men 148-4** (90 Balls; M J Santner 52no) *Trent Rockets Men win by 6 wickets*

Manchester Super Giants 149-8 (100 Balls; P I Walter 64; T L Seifert 55); **Southern Brave** 139-6 (100 Balls; T Stubbs 53no) *Manchester Super Giants Men win by 10 runs*

(WOMENS) MI London 121-5 (100 Balls; S L Bates 3-13); **Trent Rockets 125-1** (82 Balls; N R Sciver-Brunt 67no; B L Mooney 54no) *Trent Rockets win by 9 wickets*

Manchester Super Giants 139-4 (100 Balls; R M Ghosh 54); **Southern Brave 112-6** (100 Balls; M K Villiers 3-17). *Manchester Super Giants win by 27 runs*.

GOLF

LADIES EUROPEAN TOUR PIF (London Championship, Centurion Club, St Albans, England) — **3rd Round**: (Gbr & Irl unless stated, Par 73): **200** A Huang (Can) 67 68 65, **203** C Hull 74 62 67, **208** A Donegan 70 69 69, **209** P Tavatanakit (Tha) 74 69 66, L Hall 71 67 71, **210** K Bennett (Aus) 68 71 71, **Also 213** A Hewson 74 66 73, **215** G Hall 74 71 70

TODAY

Carabao Cup 1st Rnd: Mansfield v Sheffield Utd (4pm) (Live on Sky Sports Main Event).

William Hill Scottish Premiership: Hearts v Dundee Utd (3pm), Kilmarnock v Celtic (1.30) (Live on Sky Sports Main Event), Motherwell v Falkirk (3pm), Rangers v Hibernian (4pm) (Live on Premier Sports).

CRICKET

One-Day Cup - Group A/B (11am)

1-2-X CHECK

POOLS NUMBER	FULL TIME
1	1
2	SUN
3	SUN
4	1
5	2
6	1A
7	3
8	1
9	L
10	1
11	1A
12	3
13	1A
14	1
15	1
16	1
17	1A
18	1
19	1
20	3
21	1A
22	3
23	3
24	1A
25	1
26	3
27	1
28	1A
29	1A
30	1
31	1A
32	1
33	1A
34	1A
35	1
36	3
37	3
38	1
39	3
40	L
41	L
42	SUN
43	3
44	L
45	2
46	SUN
47	L
48	L
49	SUN

As the Championship prepares to kick-off on Friday, RYAN TAYLOR runs the rule over the potential winners and losers. Which clubs have the Premier League in their sights and which ones are nervously looking over their shoulder at League One?

BIRMINGHAM

Big pressure on Chris Davies to deliver after the club fell short in the promotion race last season. They have recruited well, re-signing Jhon Solis and James Beadle and home form will be key. After falling behind 24 times last term, they only bounced back once - a mentality issue they must rectify.

Best transfer: Luis Vazquez
Target: Play-offs
Last season: 10th

BLACKBURN

Tony Mowbray is hoping a strong dressing room culture can be the secret ingredient for Rovers this season. Transfer funds have been tight but they showed in spells at the back end of last season what they are capable of. They still only scored 42 goals, though, their lowest total since back in 2010.

Best transfer: Jayden Fevrier
Target: Survival
Last season: 20th

BOLTON

Steven Schumacher has frustrations with his budget as he wants Bolton to upset the apple cart this season, but the loss of loanee Amario Cozier-Duberry feels damaging. Still, Wanderers were the only side to have over 1000 shots in League One last term and a similar output would clearly lead to goals.

Best transfer: Gaizka Larrazabal
Target: Survival
Last season: 5th League One

HOT RROD

Hammers fancy their chances of Prem return with Bowen at the helm

BY **TOM VICTOR**

WEST HAM UNITED might be playing in a lower division than at this time last year but there's considerable optimism around the London Stadium.

Positivity is in stark contrast to the gloom that surrounded the Hammers' relegation in May but there are reasons to be cheerful – not least Jarrod Bowen's decision to stay.

Club captain Bowen, who has scored 85 goals and provided 63 assists in his Hammers career, narrowly missed out on a place in Thomas Tuchel's England squad and had been tipped for an immediate move to a club still in the Premier League.

But the former Hull forward was convinced to stay and lead a promotion charge after meeting with club chiefs and negotiating a £15million release clause in his contract if promotion is not won automatically.

Bowen (right) said: "I said after the final game of last season that my vision was to get this club back in the Premier League.

"Sometimes you think it falls on deaf ears and people reckon, 'He's just saying that'.

"But when I say something, I don't hide away from it.

"It was a no-brainer for me to be here and the vision is clear, it's the Premier League."

The last time Bowen was in the Championship, he scored the seventh-highest number of goals in the competition despite leaving Hull for West Ham in the middle of the 2019-20 campaign.

He isn't the only one hoping to call upon expertise at this level to lead the Hammers back up at the first time of asking.

Nuno Espirito Santo couldn't keep the team in the top flight, though there was a notable improvement after he was allowed to bring in some of his own signings in January.

The Portuguese coach has won the Championship before, albeit nearly a decade ago with Wolves, and is ready to target another title. There has been uncertainty behind the scenes at the club, with joint-chair David Sullivan stepping down and a consortium including Amanda Staveley now looking to take a stake.

But the Hammers have insisted this won't affect day-to-day affairs. West Ham know they will be there to be got at, though, and need to keep their focus.

Fullback Kyle Walker-Peters (Southampton, 2023-24) and goalkeeper Mads Hermansen (Leicester, 2023-24) have both earned promotion to the top flight before.

Walker-Peters said: "Other teams will make it difficult for us, but we just have to focus on ourselves, do our work and be confident."

Nuno's own decision to stay on in the hot seat could well be a factor in convincing important players to follow his example.

Of course, there have been some of the sort of sales which naturally follow a drop down to the second tier.

The departure for Belgium of academy graduate Freddie Potts hasn't gone down well with everyone.

But bringing in about £140m for midfielders Mateus Fernandes and Crysencio Summerville should mean that the club can be more selective when it comes to any further sales.

The challenge is to rebuild with Bowen at the core – while the clock is ticking to get the necessary deals over the line.

WEST HAM

West Ham have plenty of cash to spend but they are taking their time to strengthen their squad as they want the right characters. Keeping head coach Nuno Espirito Santo feels big but retaining the services of Jarrod Bowen is even bigger. The Irons are rightly favourites for the title this season.

Best transfer: Keeping Bowen
Target: Title
Last season: 17th Premier Lge

BRISTOL CITY

Added huge firepower in Lorent Tolaj and Dom Ballard after prising Michael Skubala away from Lincoln City. Had some mixed pre-season results but thumped Newcastle 4-1 at Ashton Gate and look to be dark-horses in play-off race. Scott Twine and Emil Riis are also capable of delivering the goods.

Best transfer: Dom Ballard
Target: Play-offs
Last season: 12th

NORWICH

The Canaries looked doomed when Philippe Clement took over last November, but they won 17 of their next 31 games before narrowly missing out on the play-offs. Norwich have built a side that nobody wants to play against and January signing Mohamed Toure is set for a key role this season. Andre Brooks also looks a top addition and recruitment work has generally been promising at Carrow Road.

Best transfer: Andre Brooks
Target: Play-offs
Last season: 9th

CANARIES IN THE

BY **TOM BLOW**

OVER the next week, the usual suspects will be tipped for promotion to the Premier League.

The three relegated sides – West Ham, Wolves and Burnley – will all be fancied, as will the perennially glamorous Wrexham.

But there's always a team that defies parachute payments and takes the Championship by storm. And it could be Norwich this season. The Canaries have been looking up ever since Philippe Clement joined the club last November. He inherited a brittle team in the relegation zone and turned them into play-off contenders. Only six teams beat Clement's men after the turn of the year, seeing them finish ninth.

Norwich have plenty of momentum, just like Frank Lampard's Coventry did heading into last season. Like Clement, Lampard turned the Sky Blues from relegation candidates to promotion hopefuls inside six months.

Now, the former Rangers boss will aim to follow in Lampard's footsteps this season and reach the Premier League.

Norwich have already done plenty of good business this summer.

Armed with cash thanks to Josh Sargent's sale to Toronto in February,

BURNLEY

Big season for the Clarets under new boss Nicky Hayen. They will be well fancied for promotion, but incomings have been minimal and there has been a raft of departures, not least Jaidon Anthony, Loum Tchaouna, Max Esteve and Lesley Ugochukwu.

Best transfer: Ugo Raghouber
Target: Promotion
Last season: 19th Premier League

CARDIFF

Highly-rated boss Brian Barry-Murphy has had the Bluebirds flying in pre-season. Cardiff even hammered Roma 4-1 and also scored 11 goals across two other friendlies against Cork City and Forest Green. Last season they had a league-high number of shots on target.

Best transfer: Jack Moylan
Target: Mid-table
Last season: 2nd League One

CHARLTON

Good home form feels imperative for Nathan Jones as the Addicks are being tipped to struggle. No team scored fewer first-half goals last season, so that is also something the south Londoners will seek to fix. Ex-Liverpool defender Billy Koumetio could also prove to be a decent signing.

Best transfer: Karlan Grant
Target: Survival
Last season: 19th

DERBY

The Rams had a great season last term but boss John Eustace is another manager that has complained about the lack of transfer activity. Signing Bobby Clark is a big coup, however, and there is firepower within Derby's squad. They need the investment of boxing billionaire Turki Alalshikh.

Best transfer: Bobby Clark
Target: Play-offs
Last season: 8th

LINCOLN

Losing Michael Skubala was tough on the Imps but Chris Cohen and Tom Shaw can steer the ship. Landing Spurs youngster Mason Melia on loan was a major coup, given there were upwards of 30 clubs interested in the teenager. Jack Moylan will be a huge miss though.

Best transfer: Mason Melia (loan)
Target: Survival
Last season: League One winners

MIDDLESBRO

Losing Championship Player of the Year Hayden Hackney to Everton was a blow but Boro are armed with a cash stash following his exit to Everton and their sell-on clause for Morgan Rogers. Young striker Will Lankshear could have a stellar season after his permanent switch from Spurs.

Best transfer: Will Lankshear
Target: Automatic Promotion
Last season: 5th

WREXY FOOTBALL!

Windass: People know we are serious now

EXCLUSIVE **BY DANIEL MARSH**

IT was just the Hollywood ending that was lacking in Wrexham's bid to clinch an unprecedented fourth successive promotion last term.

The club's breakneck ascent from non-League to Premier League was postponed after Phil Parkinson's side fell two points short of a Championship play-off place.

For most other promoted clubs, there would be solace to take from a seventh-place finish – particularly as many had expected the Wrexham juggernaut to finally veer off track after churning through the divisions.

But as the Dragons' talisman Josh Windass rightly points out, of the clubs coming up from League One, 99 percent of them "don't sign the players we have".

Attacking midfielder Windass was one of 13 stars Wrexham acquired last summer, and he said: "We had a Championship-ready team, but that will stand us in good stead this season.

"Statistically from November-December onwards, we were one of the top three or four teams in the league. With a few new additions I'm sure we can go one better."

Windass, 32, did not play any part in Wrexham's pre-season programme after sustaining a calf injury on the first day back after the summer break.

But when the ex-Sheffield Wednesday man is back up to speed, Wrexham boast one of the division's most productive threats out of midfield.

His tally of 16 Championship goals last term was only bettered by three players: Zan Vipotnik (Swansea), Ollie McBurnie (Hull) and Haji Wright (Coventry). Two of those are now Premier League players. "Since I was 12 I have had a delusional belief that I'm the best player in every team I play in," Windass admitted. "I still believe that.

"Every game I go into, I have a belief that if I'm playing well and on my game, then nobody can really stop me.

"Like anything, because I speak about it, when you don't play well people like to bring it up and shoot you down.

"You can say it but you've got to believe it as well. I genuinely do believe it.

"The moments I've produced all through my career and the goals, the performances I've put in all back that up.

"It's my role in the team – people look to me for moments of magic to win football games.

"You're not always going to be consistent in the position I play. But I think in the past two or three years only Finn Azaz of Southampton is even close to the number of goals I've scored in the No.10 position in the Championship. So it's about going again.

"Teams expected to beat us at the start of last season. I think people now know we're serious.

"The aim is top two – and if you can't get there then it's the next best spot. We expect to be in and around those positions."

> "The aim is top two and if you can't get there then it's the next best spot. We expect to be in and around those positions"

HE'S NOT JOSHING
Windass believes Wrexham can go all the way this term in race for the Prem

WREXHAM

Narrowly missed out on the play-offs last season but that won't bother Phil Parkinson as the Red Dragons have now had a taste for the Championship. They've kept the crux of their squad and are set to make further tweaks before launching a serious push for promotion.

Best transfer: Ben Whiteman
Target: Promotion
Last season: 7th

WOLVES

Wolves caused a stir by sacking Rob Edwards and bringing in Cesar Peixoto. They have the quality to seal an immediate return to the top-flight having kept Andre and signed Raul Jimenez and Kieran Trippier. The team was so bad, Molineux fell out of love with football last season but the 12th man will be key this time.

Best transfer: Raul Jimenez
Target: Title
Last season: 20th Premier Lge

WEST BROM

James Morrison knows the club inside out after saving the Baggies from relegation last term. But this feels like a season for consolidation, though there still may be scope to cause a few surprises along the way. Jimmy-Jay Morgan is a talent to watch following his transfer from Chelsea.

Best transfer: Felix Horn Myhre
Target: Mid-table
Last season: 21st

WATFORD

The Hornets are always hunting a Premier League return – but fans know this season could well be a struggle. They have another new manager in Alessio Dionisi and could yet lose star player Imran Louza on top of Giorgi Chakvetadze after failing to win any of their final eight matches last term.

Best transfer: Iker Bravo
Target: Mid-table
Last season: 16th

SWANSEA

The Swans are another side that could cause a few surprises. They have pulled off one of the Championship transfer coups of the summer in signing New Zealand attacker Elijah Just from Motherwell after he impressed at the World Cup. Coach Vitor Matos is building a team with promise.

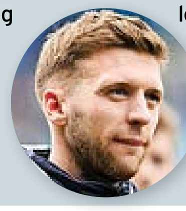
Best transfer: Elijah Just
Target: Play-offs
Last season: 11th

PECKING ORDER

Clement has brought in experienced midfielder Sam Field (right) from QPR.

He's also persuaded Andre Brooks, Sheffield United's reigning Young Player of the Year, to quit South Yorkshire for Norfolk. Nabbing a star player from a potential play-off rival is quite the flex.

Field was persuaded to jump on the Clement train after sensing his ambition. The 28-year-old said: "This manager has an expectation to win every game, so he won't be looking at top two – he wants to win 46 out of 46. It's such a good mindset to have."



Ruairi McConville played a key part in Norwich's revival last season, forming a solid partnership with Jose Cordoba at centre-back. He's also full of confidence.

"We all have the same goal," said McConville. "We all want to be Premier League footballers.

"I think I'm at the best club and I've got the best manager to do that for me and a great group of lads that will make me better."

But injuries have kept Norwich in check.

Lucien Mahovo, Jovon Makama and Kellen Fisher will all miss their league opener against West Brom on Saturday, while Ali Ahmed hurt his knee during pre-season.

Clement has admitted the latter's injury "does not look good".

Yet there's no doubting Norwich are looking up rather than down. And with six play-off spots up for grabs this season, it's obvious what Clement has got his eye on.

"It is going to be a big ambition to be in the top eight," he said at a fan forum earlier this week.

The Canaries will surely be pecking on the door.

STOKE

Last season totally fell apart for Mark Robins but the Potters have done plenty of recruitment work and have so far kept Sorba Thomas. If they can retain the Welshman this season, they'll be optimistic of a play-off push. It's also vital they keep Bae Jun-ho amid interest from French giants Lyon.

Best transfer: Ethan Galbraith
Target: Play-offs
Last season: 17th

MILLWALL

The Den is itching to see Premier League football and two tasty derbies with West Ham beckon. Alex Neil is under pressure to deliver and he's built a squad capable of competing for a play-off spot again. Losing defender Tristan Crama to ankle surgery is an early-season problem though.

Best transfer: Kyrell Lisbie
Target: Promotion
Last season: 3rd

PORTSMOUTH

Portsmouth have done some sharp recruitment work since returning to the Championship. But the next step is tricky for ambitious boss John Mousinho. Abu Kamara's return is a major boost for Pompey following his spell in La Liga with Getafe.

Best transfer: Keeping boss John Mousinho
Target: Mid-table
Last season: 18th

PRESTON

Preston were one of the surprise packages of last season before falling away. Boss Paul Heckingbottom landed loanee Alfie Divine for a club-record fee from Spurs but he was left furious after losing captain Ben Whiteman to Wrexham. Sadly, funds have since dried up and more signings are needed.

Best transfer: Alfie Divine
Target: Play-offs
Last season: 14th

QPR

Rangers boasted the youngest squad in the division last year and, at times, it showed. They're capable of beating anyone on their day, but it's difficult to forecast where they will finish this season due to that inconsistency. Signing Glen Kamara on loan is also a major coup for the west Londoners.

Best transfer: Tariq Lamptey
Target: Mid-table
Last season: 15th

SHEFF UTD

Chris Wilder is relishing the chance to wipe the slate clean after penning a new deal with the Blades. Last season was a horror show but they're still lacking some quality and could yet lose key star Gus Hamer. The departure of Wilder's trusted No.2 Alan Knill may also weigh heavy on United.

Best transfer: Matt Doherty
Target: Play-offs
Last season: 13th

SOUTHAMPTON

Tonda Eckert has a lot to prove as he awaits a looming FA charge over Spygate. The only way to silence the haters would be to secure promotion and the permanent arrivals of Cyle Larin and goalkeeper Daniel Peretz will certainly bolster their chances of doing that.

Best transfer: Cyle Larin
Target: Promotion
Last season: 4th (chucked out of Play-offs due to Spygate)

Tributes to Parkes

WOLVES have paid tribute to former goalkeeper Phil Parkes, who has passed away at the age of 79.

Parkes (below) – who was 6ft 4in and known affectionately as 'Lofty' – made 382 appearances in nearly two decades before his departure in 1978.

Wolves described Parkes, who played in a club record 127 consecutive league appearances in the early 1970s, as "one of the greatest ever goal-keepers to represent the club".

They added: "Asked in 2024 how he'd like his Wolves career to be remembered, he said: 'I hope my Wolves career is remembered with joy.

"'I loved playing for this football club, I had a great time'.

"Thoughts and prayers are with Lofty's loved ones at this sad time."

Parkes finished his playing career in North America, including spells at Vancouver Whitecaps and Chicago Sting.

Enzo: Time for a reset

POST-PEP, PLAYERS CAN PROVE WORTH

NEW ORDER Maresca's ideas are being taken on board

BY **DARREN WELLS**

ENZO MARESCA has given Manchester City's players a clean slate to prove their worth as the club embarks on a new era after Pep Guardiola.

City's new head coach has the unenviable task of following the most successful manager in the club's history.

Even in one of the less successful campaigns under Guardiola last season, City still claimed two domestic cups and pushed Arsenal all the way for the title.

But ahead of their final pre-season friendly against Atletico Madrid today, before next Sunday's Community Shield curtain-raiser with the Gunners, Maresca has reiterated to his players the past will have little bearing on their future.

"The only thing I said since I started to the players is that it is a reset," said Maresca.

"All of them start at the same level and pre-season will dictate a little bit the transfer window.

"This has been a general message for all of them – the ones who played more minutes or less last year. For me, it's a reset."

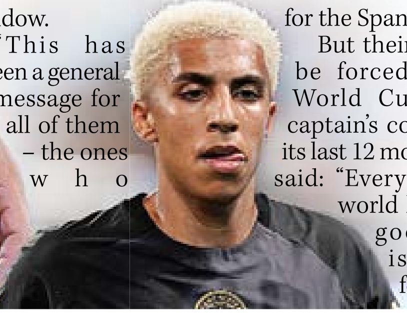
City have already lost several experienced heads this summer and could yet lose midfield talisman Rodri, while Elliot Anderson remains the only big-name signing in a club-record £116million deal.

Yet, since his appointment, Maresca has been enthused by the approach and application of the players still at his disposal and believes his side will only improve the more time they spend together.

"The willingness has been very good since day one," he added.

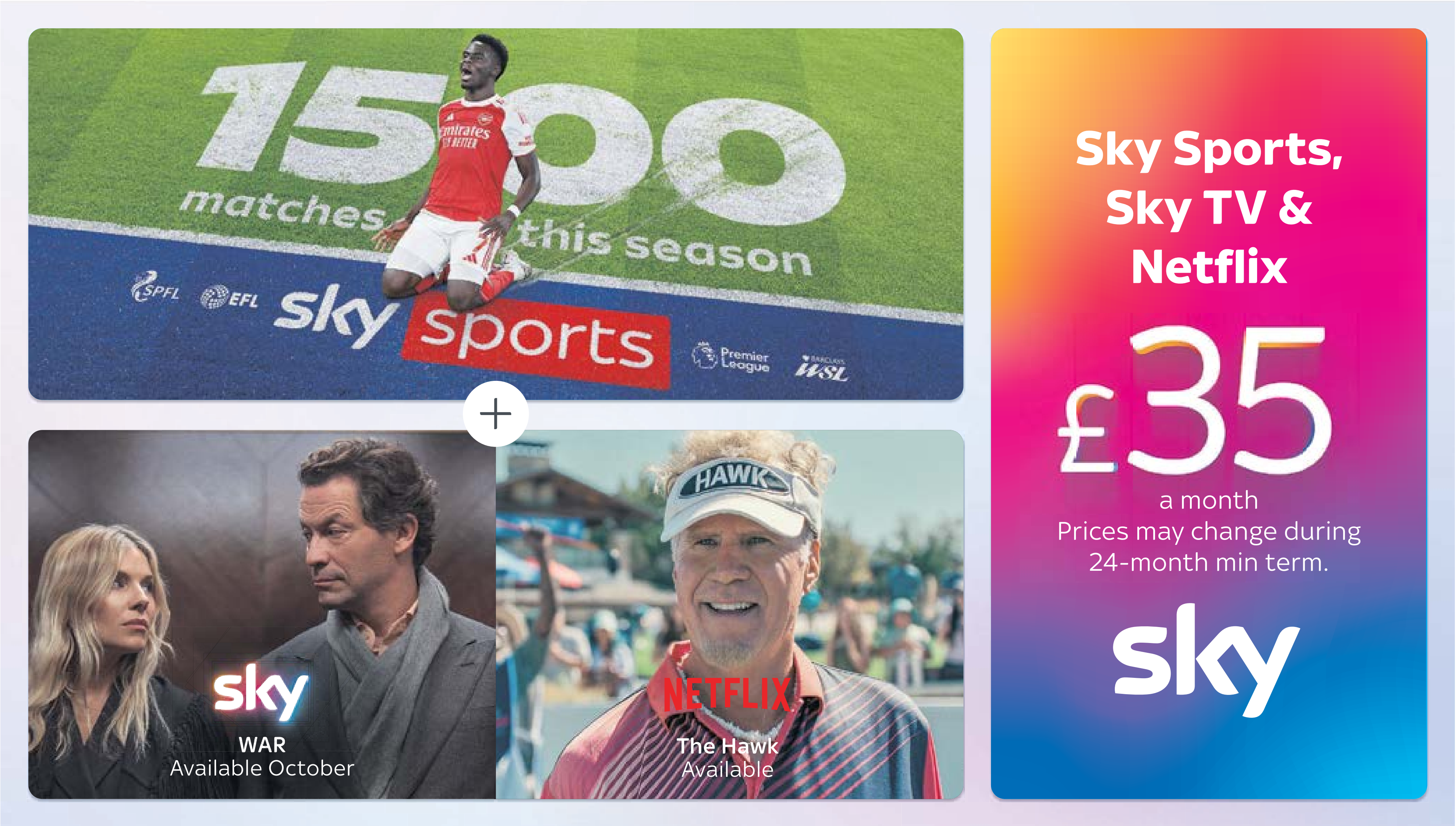
"They have been very open-minded with a new manager who has arrived and changed some patterns and structures, the way we want to play on and off the ball. This has been the main thing."

Meanwhile, Rico Lewis (below) says Rodri leaving City will just be "part of football".



City are reeling at the prospect of 2024 Ballon d'Or winner Rodri exiting after rejecting a £38.5m bid from Barcelona, while Real Madrid are also competing for the Spaniard.

But their hand may be forced with the World Cup-winning captain's contract into its last 12 months. Lewis said: "Everyone in the world knows how good Rodri is, but it's football."



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PROBLEM SOLVING PLEASES CARRICK

BY **JACK FLINTHAM**

MANCHESTER UNITED boss Michael Carrick says he will not give his players all of the answers this season after they battled to a 1-1 draw with Paris Saint-Germain in Gothenburg.

United were slow out of the blocks and PSG made them pay as Ibrahim Mbaye tucked home Dro Fernandez's cross from close range in the second minute.

Carrick's side managed to regroup and forced some good saves from Matvey Safonov, before finding an equaliser when Bryan Mbeumo fired low into the corner on 32 minutes after good work from Amad.

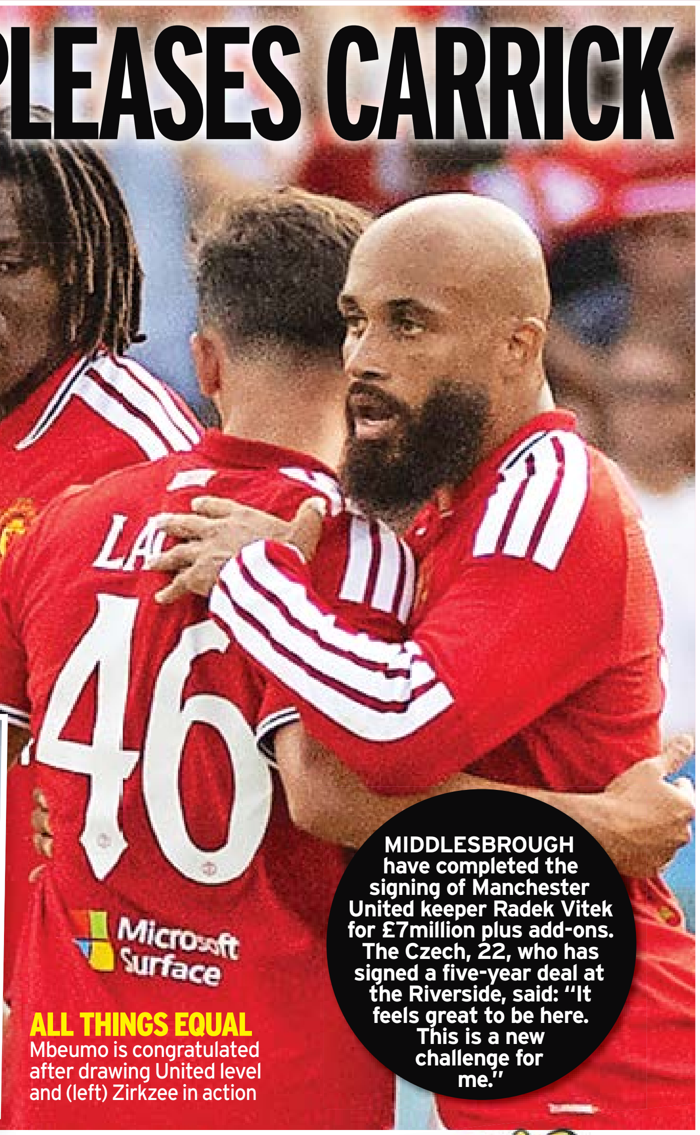
United were the better side in the second half but couldn't break down PSG for the winner, though Carrick saw plenty of positives.

"It is good for the boys to problem-solve and find their own way, and I thought we did that," said Carrick.

"I don't want to always give them the answers when we don't have to because it prepares them for the new season as well. There were some good signs there."

New signing Youri Tielemans came off the bench to make his United debut while Andrey Santos played over an hour in a promising afternoon for boss Carrick, though Mason Mount was forced off in the first half with an injury.

United will now head to Dublin for a short pre-season training camp where Marcus Rashford will also join up with the squad ahead of facing Leeds at Croke Park on Wednesday, before meeting former head coach Ruben Amorim's new side AC Milan in Wroclaw, Poland on Saturday.



ALL THINGS EQUAL Mbeumo is congratulated after drawing United level and (left) Zirkzee in action

MIDDLESBROUGH have completed the signing of Manchester United keeper Radek Vitek for £7million plus add-ons. The Czech, 22, who has signed a five-year deal at the Riverside, said: "It feels great to be here. This is a new challenge for me."

REAL STIEL

Saha backs Youri to be bargain of the summer

BY **CONNOR O'NEILL**

MANCHESTER UNITED landed the bargain of the summer transfer window when they signed Youri Tielemans last month.

That's the view of former Red Devils forward Louis Saha, who also believes Tielemans presents better value for money than Elliot Anderson, Mateus Fernandes and Sandro Tonali.

United sealed a bargain £35million raid on Aston Villa to snatch Tielemans (right) after a proposed £43m deal for Atalanta and Brazil midfielder Ederson collapsed following a medical.

Tielemans, 29, has 244 Premier League appearances to his name, having joined Leicester City from Monaco in 2019, before moving to Villa on a free transfer following the Foxes' relegation in 2023.

Saha (inset) said: "Tielemans is a bargain. He arrived under the radar because he's been in the Premier League for a long time.

"I think his name has been mentioned with United in the last two years. You can see he was really interested in coming to the club.

"That's what he said in his interviews. The way he's spoken reassures me as to why he's been brought in to replace Casemiro.

"He's experienced, he's played in the World Cup, played well, showed his aggression, which we need in midfield.

"His positioning is really, really good, and every touch is very efficient, so he doesn't lose the ball as much as other players.

"He doesn't create as much as Bruno Fernandes, but he's very mobile, so I like his profile. Tielemans with Santos can combine really well.

"I think there is unpredictability and power in that midfield."

United had been searching for at least one midfielder after signing Andrey Santos, 22, from Chelsea. They lost out on Mateus Fernandes and Elliot Anderson, who joined Tottenham and Manchester City, respectively.

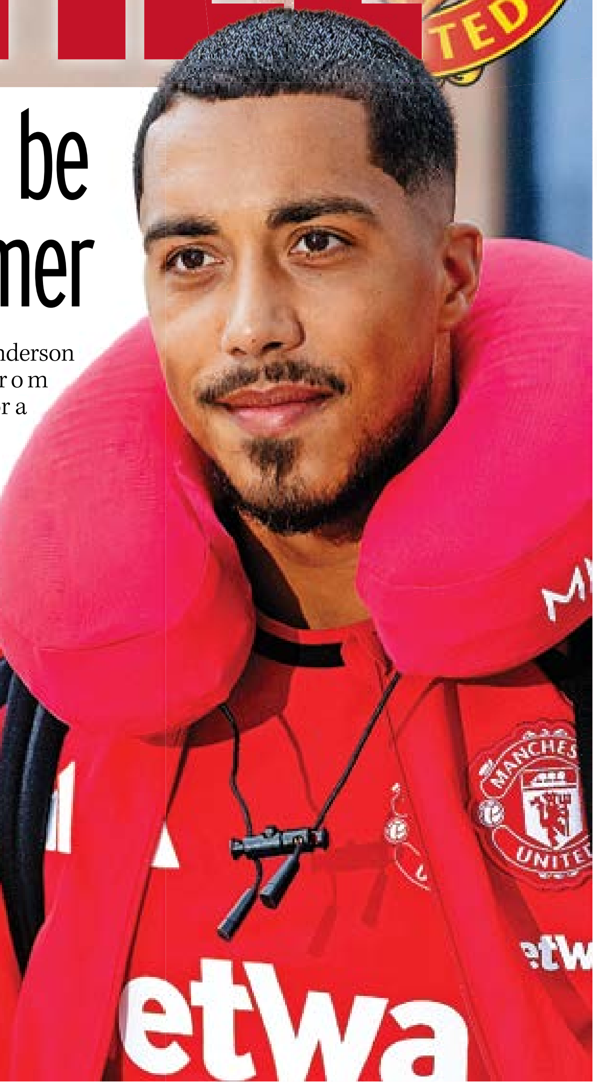
Fernandes moved to Spurs for £85m, with Tonali also costing them £100m, while Anderson joined City from Nottingham Forest for a whopping £116m.

"When you compare Tielemans with Anderson, Fernandes and Tonali, it's a bargain," Saha added.

"I think the price tag put on those kinds of players is ridiculous.

"We need more players who dedicate themselves and sacrifice to rebuild the legacy of Man United and I see this midfield as pivotal."

■ ***Louis Saha was speaking via PariuriX.com***



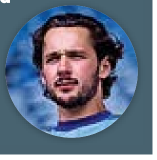
DAN'S GOLD TRAFFORD

BY **CONNOR O'NEILL**

DANIEL FARKE believes Leeds have acquired a "top class" goalkeeper in James Trafford and says he has the potential to go down as one of the club's best.

After Leeds beat RB Leipzig yesterday, he said: "I made no secret out of what I wanted in this position - a top-class player. Right now we've got one.

"So we are convinced of James (right). He has the potential to be an outstanding goalkeeper for us in the history of Leeds."



SANCHEZ EYES SIMPLE TIMES

FROM **BOBBY VINCENT** in Hong Kong

ROBERT SANCHEZ believes Xabi Alonso's "simplicity" will make him a better goalkeeper at Chelsea.

And he reckons competition with Mike Penders will benefit the Blues.

Sanchez, 28, had arguably his strongest season at the club last season – but it wasn't always easy.

Under Liam Rosenior, he was suddenly dropped for Filip Jorgensen at a crucial stage. Many felt the Spaniard didn't suit Rosenior's style of playing the ball out of defence.

But since Alonso has been manager, there has been a level of simplicity – and that is something Sanchez appreciates.

"It is the simplification of things," said Sanchez on Alonso (below). "He is allowing me to do what I am best at.

"He is allowing me to do what I do best and that means my confidence is going to be boosted and I am going to play better and better."

Penders, who arrived at Chelsea last summer but spent the last campaign on loan with sister side Strasbourg, is set to compete with Sanchez for the No.1 shirt.

The 21-year-old has recently joined up with the Chelsea squad for their pre-season tour after going to the World Cup with Belgium. And Sanchez predicts the competition will elevate their form.

"I think he is great," Sanchez said on Penders. "We already had him at the Club World Cup last year. He is a great, young goalie and he had a great season at Strasbourg last year."

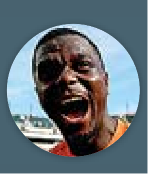
FOREST GET THEIR MANE

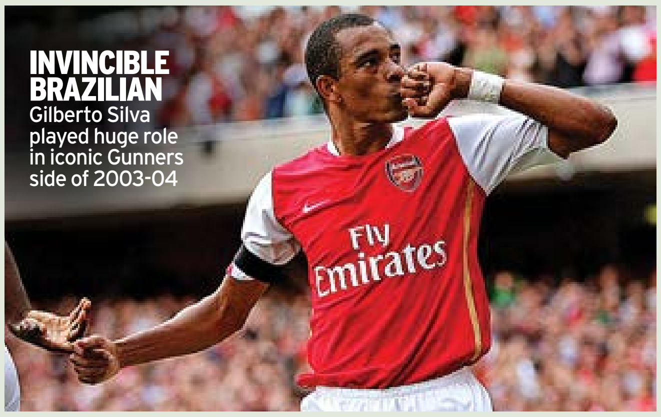
BY **CONNOR O'NEILL**

NOTTINGHAM FOREST are close to signing Ousmane Diomande from Portugal's Sporting CP.

The £34.3million deal is being finalised and the defender, 22, (inset) is expected to undergo a medical today before signing a five-year contract.

Forest have already completed the signing of Xaver Schlager on a free transfer from RB Leipzig, as new head coach Oliver Glasner begins to shape his squad at the City Ground.





INVINCIBLE BRAZILIAN Gilberto Silva played huge role in iconic Gunners side of 2003-04

Gilberto legacy inspiring Bruno

BY **DARREN WELLS**

BRAZIL star Bruno Guimaraes has vowed to "make history" at Arsenal – just like 'Invincible' Gilberto Silva did before him.

Arsenal's new £75million man Guimaraes has followed in the footsteps of his compatriot with the move to north London and hopes he can emulate defensive midfielder Gilberto's success at the club with more silverware.

Gunners legend Gilberto joined in 2002 and played a major role in Arsenal's historic unbeaten Premier League title-winning campaign of 2003-04.

And Guimaraes, who has signed up at the Emirates until 2030, with the option of a further year, revealed he had already spoken to Gilberto, now 49 and a Gunners ambassador, ahead of sealing his own move.

"I'm very excited," Guimaraes said. "I'm at the point of my life where I need a challenge like this. I want to win trophies, I want to make history and I think I'm in the right place to do it.

"Here, wearing this shirt, you have to go for winning trophies, winning everything we can.

"I want to put my name in the club history. Someday, when I leave, I want players to come here and say I want to do exactly what Bruno did for the club.

"I think it's the best thing that a player can do for any club – create history and inspire the young. I had the opportunity before to talk to Gilberto. I hope that I can follow him and make myself one of the very good players in Arsenal's history."

The Gunners had been locked in talks to sign Guimaraes for weeks and his arrival is a huge coup for the Premier League champions, who were only a penalty shoot-out away from also ruling Europe last season.

But the deal is a huge blow for Newcastle, who have lost another key player this summer in a transfer that Guimaraes described as "one of the toughest decisions of my life".

It was on Tyneside that the Brazilian star became an icon for Newcastle fans, after captaining the club to their first major trophy in 56 years by winning the 2025 Carabao Cup – and is now seen as one of the best midfielders in the top flight.

In a clear statement of intent, Arsenal sporting director Andrea Berta said that a signing of Guimaraes' stature was "essential for maintaining the standards required when we are aiming to win major trophies."

And Guimaraes, 28, admitted he was just happy to be lining up as a Gunner from here on, rather than as the opposition.

"Every time when I played against Arsenal it was very tough," he recalled.

"Joining the winners of the league is a big opportunity. I can play like a warrior, I'll never give up. I'm hopeful we can achieve our dreams."

MILEY'S MOMENT

BY **SEAN McCORMICK**

LEWIS MILEY has been tipped as the best hope for Newcastle's midfield after the exits of Sandro Tonali and Bruno Guimaraes.

Joelinton and Jacob Ramsey remain, while new Magpies signings Sean Steur and Aladji Bamba both have huge promise.

But head coach Matthias Jaissle is said to be a big fan of Miley, 20 – as was predecessor Eddie Howe.

And former Toon captain Michael Owen said: "Lewis Miley impressed me when he played last season and I think he has a big future.

"He is one player who can benefit from players leaving, should get more game time and look to show what he can do for Newcastle."

Former Newcastle star Chris Waddle agreed and said: "Lewis just signed a six-year contract, so that's how highly they rate him.

"He could be the player who gets in that midfield and could really help Newcastle out a lot."

THORN IN THE SIDE TO JEWEL IN THE CROWN

New boy Guimaraes can push Gunners to greater heights... instead of tormenting them!

MIK'S PICK OF BUNCH Gunners boss Arteta gets his man as Guimaraes joins champions

Arsenal
Emirates
No room for racism

EU BLIGHTER! Guimaraes scores in 2-0 defeat in 2022 that cost Arsenal their ticket to the Champions League

BY **RYAN TAYLOR**

BRUNO GUIMARAES endured a few sleepless nights six-and-a-half years ago, as he waited patiently by the phone in the Brazilian city of Curitiba.

After bossing the Athletico Paranaense midfield in his native land's top flight, he had his heart set on a life-changing transfer to Europe and Atletico Madrid.

A £26million agreement was in the works – so far advanced, that Guimaraes had fought back the tears when he waved goodbye to the 'Furacao' faithful following a 1-0 home victory over Santos.

Christmas slowly passed, the January window formally opened and still the future felt a tad uncertain.

Atletico were dithering, Benfica had tabled an offer and Paranaense president Mario Celso Petraglia confirmed there was a new suitor at the table: Arsenal.

Gunners technical director Edu had been monitoring Guimaraes' explosive development and contribution towards four trophies, including the Copa do Brasil and Copa Sudamericana.

As a kid, Bruno would get a cheese sandwich if he'd lost... but anything he wanted, if he'd won

There was a direct approach to his agents but finances were limited. Then Lyon muscled in, with help from Brazil icon Juninho Pernambucano, by then a director at the French club.

Juninho won titles with Vasco da Gama prior to making his own journey from Brazil to Europe, and Lyon. He was one of Guimaraes' heroes, so his guidance carried weight.

Arsenal's new £75m addition is an avid Vasco supporter.

He actually attended one of their matches, a 1-1 draw with Mirassol, just two weeks ago.

After Juninho's approach, a £17.1m deal followed and Guimaraes became a Lyon player on January 29, 2020. Upon signing that long-term contract, the then Brazil Under-23s star took aim at Atletico, and stated: "Nobody called me."

The Spaniards, having initially led the hunt, soon lived to regret abandoning their pursuit of the player.

Two years later, Guimaraes' Newcastle United medical would take place in his homeland while he was on international duty, underlining his growth in stature.

Again, Arsenal had been sniffing around but amazingly, were not able to compete with the Magpies' financial muscle –after having signed two midfielders, Martin Odegaard and Albert Sambi Lokonga, the previous summer.

A few months later, they too paid a price for failing to land Guimaraes when they had the chance – he netted in a 2-0 Toon win over Arsenal, as the Gunners lost their grip on Champions League qualification with one Prem round to play.

Since then, he has delighted in taking the fight to the north Londoners – getting right under their skin.

In fact, the statistics show Guimaraes has won more challenges against his new employers – 71 – than he has managed against any other Premier League side.

For the entirety of his career, Guimaraes has only ever gone where he's felt wanted.

It stems from a series of rejections as a child in Rio de Janeiro.

He loved futsal but failed to make the grade at Fluminense and Botafogo.

His father, Dick, who is still heavily involved in his representation, would make the 269-mile drive to Osasco every weekend to watch a fresh-faced Guimaraes play for Audax in Sao Paulo.

It was a sacrifice he was happy to make – but there was tough love on the menu, too. If young Bruno lost, dad would hand him a ham and cheese sandwich with juice.

But if he had won, he'd be treated to whatever food he craved.

Guimaraes carries those memories with him today, emblazoned across his back.

The No.39, which he is poised to wear for Arsenal, was also the number of his cab-driving dad's Rio taxi – the same vehicle in which he drove to Guimaraes' youth matches.

After missing the bus to capture the all-action Brazilian maestro on two previous occasions, Mikel Arteta would have walked to St James' Park to finally land his man.

And after all, third time's the charm.

ANFIELD LOAN Araujo

Barca Ron to rescue for Iraola

BY **IAN DOYLE**

LIVERPOOL are close to completing a loan deal for Barcelona defender Ronald Araujo to help with Andoni Iraola's backline crisis.

The Reds have targeted the Uruguay international due to their problems at centre-back with captain Virgil van Dijk at present their only fit senior player for the position.

And with Araujo also capable of playing at right-back, a move would address two of the chief concerns for Kop boss Iraola ahead of the new season.

Liverpool are planning on Araujo undergoing a medical today ahead of the move being concluded.

It is understood the season-long loan includes an option to buy rather than an obligation, with the 27-year-old having recovered from the calf injury that meant he failed to feature for Uruguay in the recent World Cup.

Liverpool have a number of issues in defence as they continue to prepare for their Premier League opener at Newcastle United on August 23.

Joe Gomez is out for several weeks with a muscle issue, new signing Jeremy Jacquet is yet to feature as he recovers fitness following a shoulder operation, Giovanni Leoni is still to return from an ACL injury suffered last September and teenager Ifeanyi Ndukwe is ineligible.

At right-back, Conor Bradley has been sidelined since January after a serious knee injury, while Jeremie Frimpong has been hampered by a number of fitness setbacks since signing from Bayer Leverkusen last summer.

Araujo has spent eight years at Barcelona and has played more than 200 times for the Spanish side but hasn't been first choice in recent seasons.

Liverpool are continuing to look to strengthen their attacking options as well, though they remain some way short of Paris Saint-Germain's £145million valuation for the France winger Bradley Barcola.

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TRIUMPH OF POPE ... AND EXPECTATION

ENGLAND CRICKET: SEE PAGE 63

INSIDE Complete guide to the Championship season

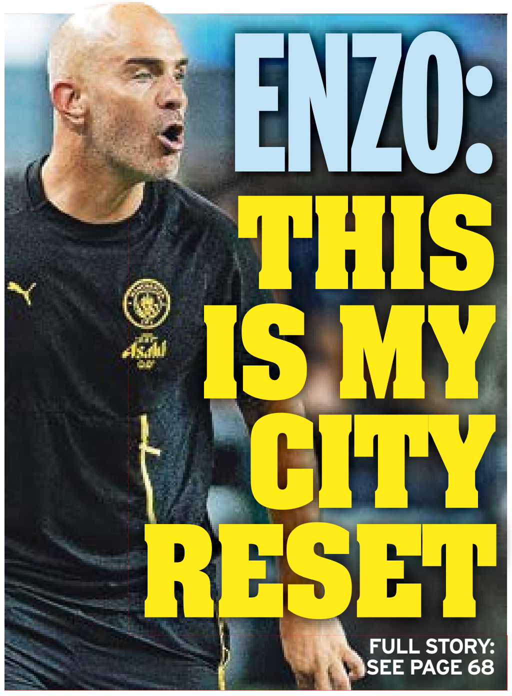
HOT RROD

Hammers fancy their chances of Prem return with Bowen at the helm

WREXY FOOTBALL!

Windass: People know we are serious now

CANARIES IN THE PECKING ORDER



ENZO: THIS IS MY CITY RESET

FULL STORY: SEE PAGE 68

WARRIOR!

Bruno ready to lead the fight for Gunners – just not with Rice

SHOVE STORY
Guimaraes and Rice clashed during game at St James' Park back in November 2023

BY **DARREN WELLS**

BRUNO GUIMARAES has told Arsenal fans he's ready to be their "warrior" – and promised there will be no more punch-ups with Declan Rice.

The Brazil star made his £75million move from Newcastle to the Premier League champions yesterday and is set to join former foe Rice in the heart of the Gunners' midfield.

But after signing a four-year deal, Guimaraes revealed his new team-mate had already reached out to bury the hatchet. He said: "Rice sent me a message: 'Come here and please no more fights, now we're friends!'

"I was happy he messaged me. It's massive what I have done so far, but I want to win more trophies in my career and I'm in the right place."

FULL STORY: SEE PAGES 70 & 71

Published by Reach plc, One Canada Square, Canary Wharf, London E14 5AP. Registered in England & Wales No. 82548. Printed by Reach Printing Services at St Albans Rd, Watford, Hertfordshire WD24 7RG, Hollinwood Avenue, Chadderton, Oldham OL9 8EP, Discovery Print, 80 Kingsway East, Dundee DD4 8SL, Avenida de Alemania 12, 28821 Coslada, Madrid, Polígono Industrial Los Majuelos, Avenida del Paso, Edificio Multiusos, 38108 La Laguna, Tenerife, Miller Newsprint Ltd, Miller House, Triq L-Esportaturi, Zone 2, Mriehel, Birkirkara CBD 2040, Malta, Milkro Digital Cyprus, Nissou Industrial Area, Old Nicosia, Limassol Road, 2571 Nissou, Cyprus, Milkro Hellas Publisher Services Ltd, 2nd Kilometer Peanias Markopoullou Ave., Position Nisiza, 19441 Koropi, Greece. A

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WORDSEARCH

Can you find all the listed items in the grid? Words may read forwards or backwards, horizontally, vertically or diagonally.

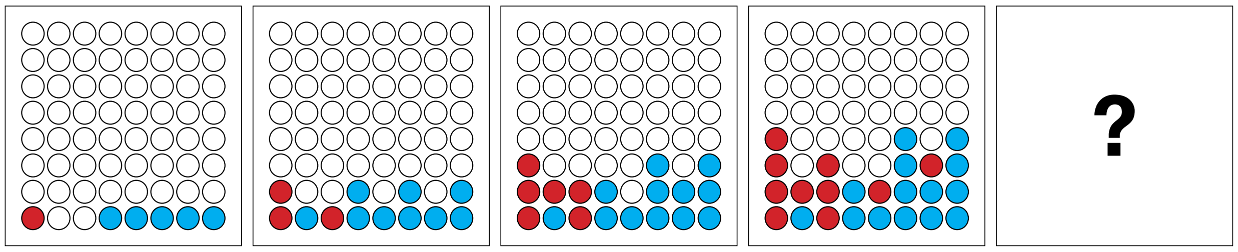
BANKSY

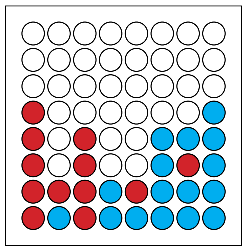
D T L A L F L O W E R T H R O W E R G
J G O R V O S V D D R E A M B O A T I
A D V Q T E H P E S T C O N T R O L R
S A E S P E O U H Q U P X R D Q E S L
S W I A E X W E Z Z B T H P P D J E W
C R S R C L M L N F R S T E N C I L I
B T I T W L E T E A X E S H N E I F T
Q H N B O I T P T Z E Y S L L U L P H
G E T U H K H E H R D R C A Y M S O B
T W H F P G E U T A E I V L R B Y R A
X A E F E R M N N V N I S U A R N T L
W L B F T P O T O T T T L M S E T R L
U L I S D D N L X S I B N I A L M A O
A E N R N Y E A E I I T R B E L Q I O
M D U O A L T F P P U A L Z W A A T N
B O L W I T S B U B P U P E F G S N R
G F X B P N S P Y B O O T H D I C J D
P F O G A M E C H A N G E R O R S R I
B M U C T U R F W A R H C O V L K S J

APES
ART BUFF
BLUR
BRISTOL
CANS FESTIVAL
DISMALAND
DREAM BOAT
ELEPHANT
FLOWER THROWER
GAME CHANGER
GIRL WITH BALLOON
LONDON TREE
LOVE IS IN THE BIN
MOBILE LOVERS
PARIS
PEST CONTROL
RATS
SELF PORTRAIT
SHOW ME THE MONET
SPY BOOTH
STENCIL
STREET ART
THE WALLED OFF
TURF WAR
UMBRELLA GIRL
UNTITLED

PATTERN MAKER

Which one of the numbered squares on the bottom row should replace the question mark to follow the logical pattern in this sequence?

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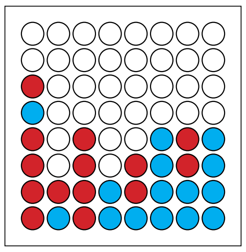
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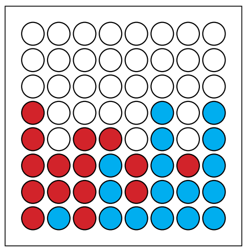
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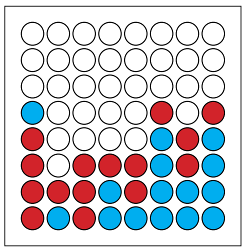
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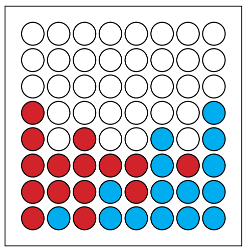
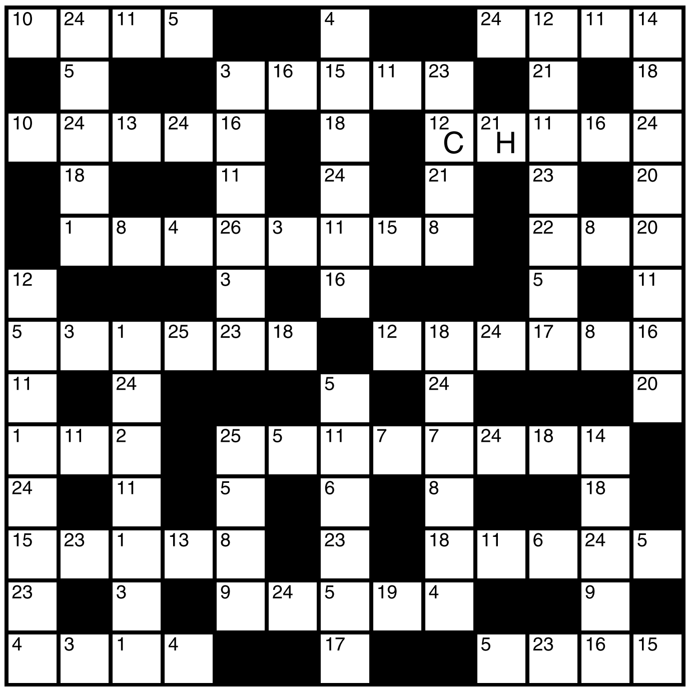

5

CODEWORD

This puzzle has no clues. Instead, every number printed in the grid represents a letter. Use your knowledge of words to solve the puzzle. Two letters are given to start you off.



10	24	11	5	■	■	4	■	■	24	12	11	14
■	5	■	■	3	16	15	11	23	■	21	■	18
10	24	13	24	16	■	18	■	12 C	21 H	11	16	24
■	18	■	■	11	■	24	■	21	■	23	■	20
■	1	8	4	26	3	11	15	8	■	22	8	20
12	■	■	■	3	■	16	■	■	■	5	■	11
5	3	1	25	23	18	■	12	18	24	17	8	16
11	■	24	■	■	■	5	■	24	■	■	■	20
1	11	2	■	25	5	11	7	7	24	18	14	■
24	■	11	■	5	■	6	■	8	■	■	18	■
15	23	1	13	8	■	23	■	18	11	6	24	5
23	■	3	■	9	24	5	19	4	■	■	9	■
4	3	1	4	■	■	17	■	■	5	23	16	15

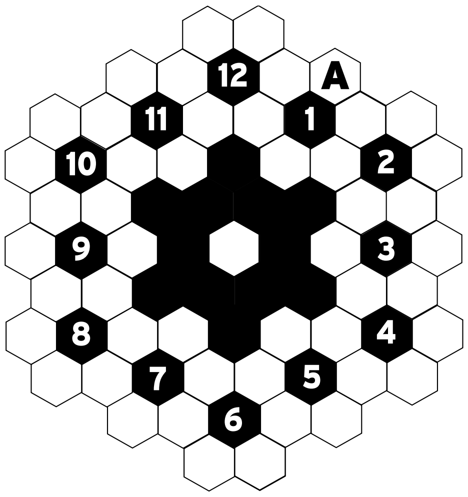
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12 C	13
14	15	16	17	18	19	20	21 H	22	23	24	25	26

HONEYCOMB

All the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1 Reasoned
2 Bad-tempered
3 Soothe
4 Frozen spike
5 Small
6 Aim
7 Manor
8 Countryside
9 Venerate
10 Goodness
11 Speaks
12 Become distant



BATTLESHIPS

In Battleships, you have to find where the fleet of ships shown are hidden in the ten by ten grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

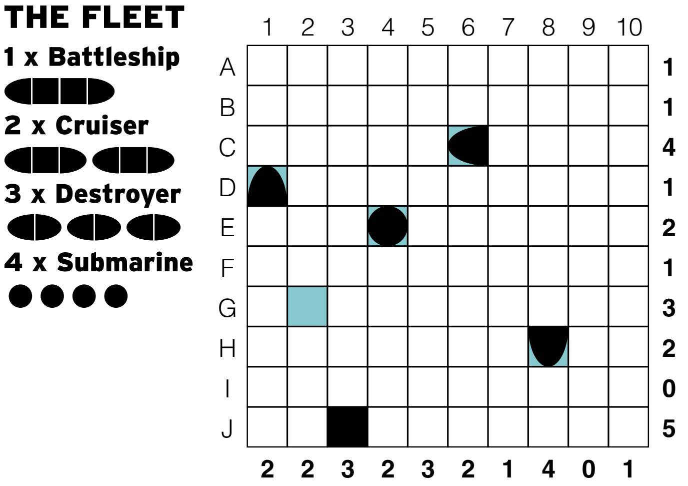
THE FLEET

1 x Battleship

2 x Cruiser

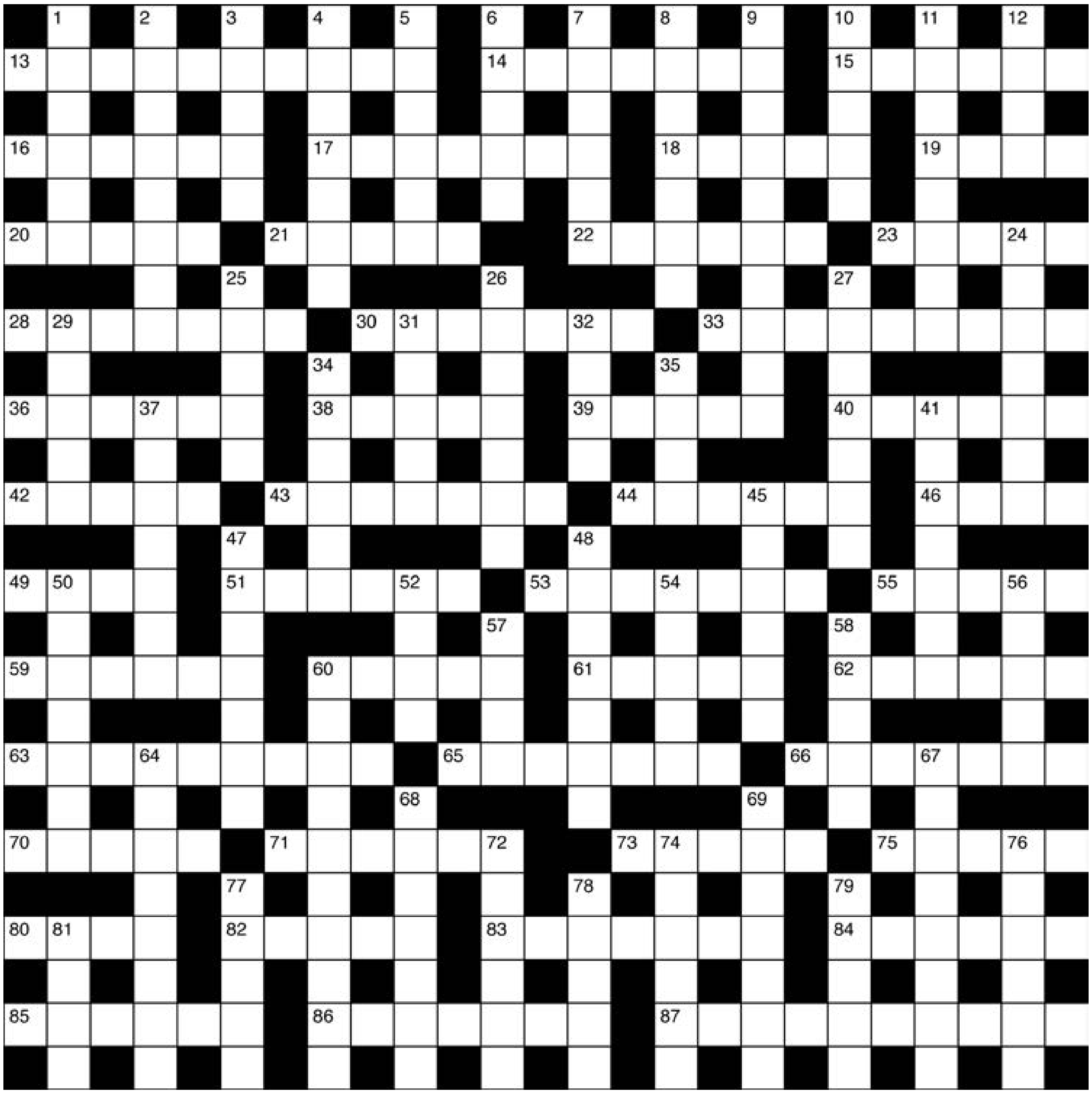
3 x Destroyer

4 x Submarine



GIANT TWO-SPEED CROSSWORD

Choose between straight and cryptic clues in this giant crossword – both sets lead to the same answers.



STRAIGHT

ACROSS
13 Dislocating (7,3)
14 Wine (7)
15 Radiator (6)
16 Type style (6)
17 Blacken (7)
18 Material (5)
19 Continue to (4)
20 Intelligence (5)
21 Skinflint (5)
22 Fragments (6)
23 Quick (5)
28 Amazed (7)
30 Delight (7)
33 Dog (9)
36 Went by (6)
38 Saw (5)
39 Multitude (5)
40 Perpetrate (6)
42 Tree (5)
43 Cut (7)
44 Outhouse (6)
46 Row (4)
49 Complain (4)
51 Overseas (6)
53 Rumour (7)
55 Bargains (5)
59 Illustrations (6)
60 Thrust upon (5)
61 Impel (5)
62 Opposed (6)
63 Keep on (9)
65 Imagined (7)
66 Create (7)
70 Sneak (5)
71 Scattered (6)
73 Supply (3,2)
75 Fight (3-2)
80 Inform on (4)
82 Damp (5)
83 Doffed (4,3)
84 Hurry (6)
85 Strong (6)
86 Port (7)
87 Displaying (8,2)

DOWN
1 Golf club (6)
2 Horse (8)
3 Bang (5)
4 Bottle up (7)
5 Fast (6)
6 Bitter (5)
7 Wants (6)
8 Ahead (2,5)
9 Extensive (10)
10 Colour (5)
11 Run down (8)
12 Lapdog (4)
24 Exact (7)
25 Set (5)
26 Franked (7)
27 Damaged (7)
29 Find (5)
31 Wrong (5)
32 Sway (4)
34 Visitor (6)
35 Wolf (4)
37 Vegetable (7)
41 Show (7)
45 Jacket (6)
47 Huge (7)
48 Progress (7)
50 Sickness (7)
52 Tart (4)
54 Jack up (5)
56 Mails (5)
57 Commotion (4)
58 Song (5)
60 Dawn (5,5)
64 Eradicate (5,3)
67 Nice (8)
68 Give back (7)
69 Relinquish (7)
72 Idea (6)
74 Awaken (6)
76 Engaged (4,2)
77 Hit (5)
78 Get on (5)
79 Jiffy (5)
81 Bonnet (4)

CRYPTIC

ACROSS
13 Dislocating and they're giving one an anaesthetic (7,3)
14 Have a chat in, pouring one wine (7)
15 Gun fire (6)
16 The emphatic type (6)
17 A silver veil (7)
18 People fish in it and stuff! (5)
19 Continue to restrain from (4)
20 What made you think of building a bar at home? (5)
21 Figure the rise is out: he's a skinflint (5)
22 The bits one discards (6)
23 Quick! It's cold! (5)
28 Surprised on getting back home – and mad (7)
30 The misshapen aperture a little lessened one's delight (7)
33 It ensures the game isn't lost (9)
36 Went ahead and gave to (6)
38 An American tool I order: a saw (5)
39 "Multitude" is, to many, a strange word (5)
40 Shut up and do it! (6)
42 The tree is a little spruce, darling (5)
43 Cut the wood to put in the vehicle (7)
44 Born in an old outhouse (6)
46 A row he doesn't win (4)
49 The lawbreaker I incarcerated does complain (4)
51 An unspecific "away" (6)
53 Don't lip-read the word "rumour" (7)
55 Turns back to "Best Buys" (5)
59 Pictures found in a kitchen cupboard (6)
60 Putting the ring in one's hand, thrust it upon (5)
61 Force to show ambition (5)
62 Unwilling to say the season has started (6)
63 Keep on and get through, hard though it is (9)
65 Imagined me to be in fear of (7)
66 Either create or calm down (7)
70 Creep, taking time to get in close (5)
71 A wren, flying to the base of the nest, had scattered it (6)
73 Provide for, when you use as a bed (3,2)
75 Test out the ring for the fight (3-2)
80 Tell the police you buy from (4)
82 I get in very damp (5)
83 Doffed and left (4,3)
84 Is forced to get the number and to make it snappy (6)
85 Strong or otherwise, would have broken (6)
86 Give accommodation to and entertain (7)
87 Putting a notice on display about the robbery? (8,2)

DOWN
1 Speak to on the quiet in the club (6)
2 A horse everybody is not mad about (8)
3 Criticise, which is a blow (5)
4 Bottle, as opposed to a tin, unusually (7)
5 Go on a strict diet when tears flow about the figure (6)
6 Bitter, or sour, right through (5)
7 Wants to sew up his tear in (6)
8 It's on order again. Not here yet (2,5)
9 Spider we see crawling now all over the place (10)
10 Colour blind (5)
11 Run down to get the player a snack (8)
12 At a quick look, said it's something small and hairy (4)
24 "Awful creeps," one put in, "is absolutely right" (7)
25 Set again by daybreak (5)
26 Was furious but gave it official approval (7)
27 Mad to have Communist leader tortured (7)
29 React differently, you find (5)
31 A skip? Wrong! (5)
32 It's steady but you make it sway (4)
34 He's dubbed one "The dropper-in" (6)
35 Secure and eat quickly (4)
37 Everybody dashed round for something to eat (7)
41 Show that's dull I need to shorten (7)
45 The flaming jacket! (6)
47 The figure put on the vase is ridiculously big (7)
48 Progress made. He had a day to cover the west (7)
50 I meant to treat a number admitted with the sickness (7)
52 The tart, now cold, I tuck into (4)
54 Jack will get funds for (5)
56 The stakes one puts in a box (5)
57 "Motion" or is it "commotion"? (4)
58 It's "song" in Italian, dear pupil (5)
60 The earliest ones land at dawn (5,5)
64 To get rid of fat, Pam exercises in (5,3)
67 Nice excuses a busy worker has (8)
68 About to keep, give back (7)
69 Surprisingly offer to take it and you relinquish (7)
72 Thought it up within the time frame (6)
74 As a ploy, ring through to awaken (6)
76 Unable to phone the police – engaged (4,2)
77 Strike one as small time, anyhow (5)
78 Sounding fed up, get on (5)
79 Waken one up in a jiffy (5)
81 Oh, turn back and do up the bonnet (4)

SUDOKU

Fill the grid so that every column, row and 3x3 square includes all the digits from 1 to 9

EASY

	2			7	3	5		
1	5	3			4			
	7			1		4		9
			2		7		5	8
5		2				7		4
4	3		6		5			
2		5		9			4	
			4			6	2	7
		1	3	2			8	

HARD

6		7	3		8			
			1			2		
4							1	
2	6			5				3
			6		4			
1				7			6	9
	4							2
		8			9			
			5		2	9		4

DOUBLE JIGWORD

Arrange these crossword fragments to create two completed symmetrical crosswords.

N	■	E
E	R	■
L	■	U

■	M	■
H	E	D
■	D	■

E	E	N
S	■	I
S	E	T

L	■	I
L	■	S
S	■	M

E	■	E
■	C	R
F	■	H

R	G	R
■	E	■
■	R	E

G	■	■
■	T	■
I	A	L

M	■	M
E	■	A
A	■	G

S	A	C
P	■	A
I	N	G

T	S	■
■	C	■
E	A	T

B	E	A
■	L	■
■	■	M

■	V	■
G	A	R
■	T	■

E	V	E
T	■	R
A	D	O

■	P	■
R	A	T
■	N	■

■	V	■
E	E	P
■	N	■

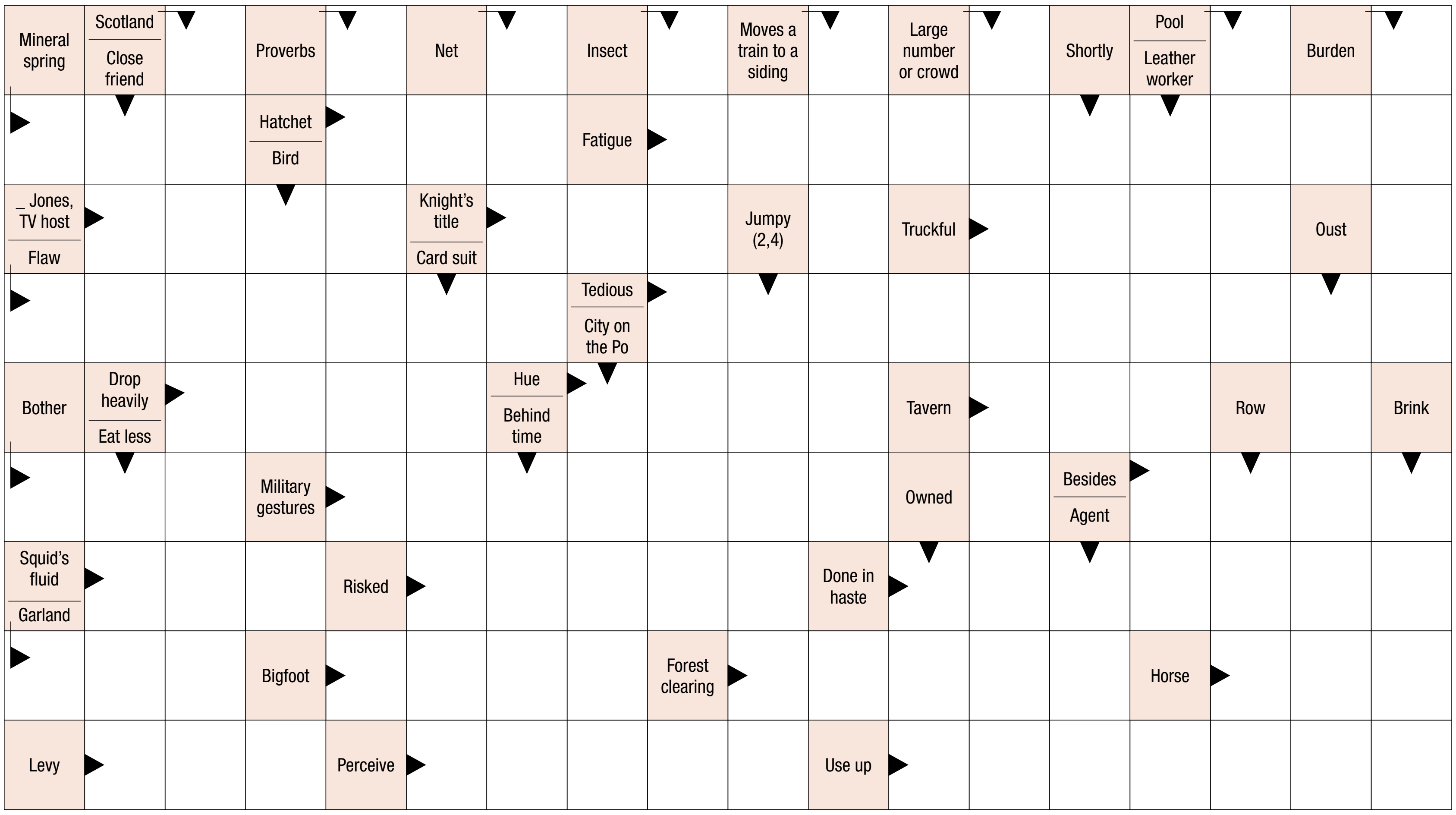
T	I	N
B	■	E
A	R	T

G	U	S
O	■	U
R	E	P

■	F	■
H	A	U
■	D	■

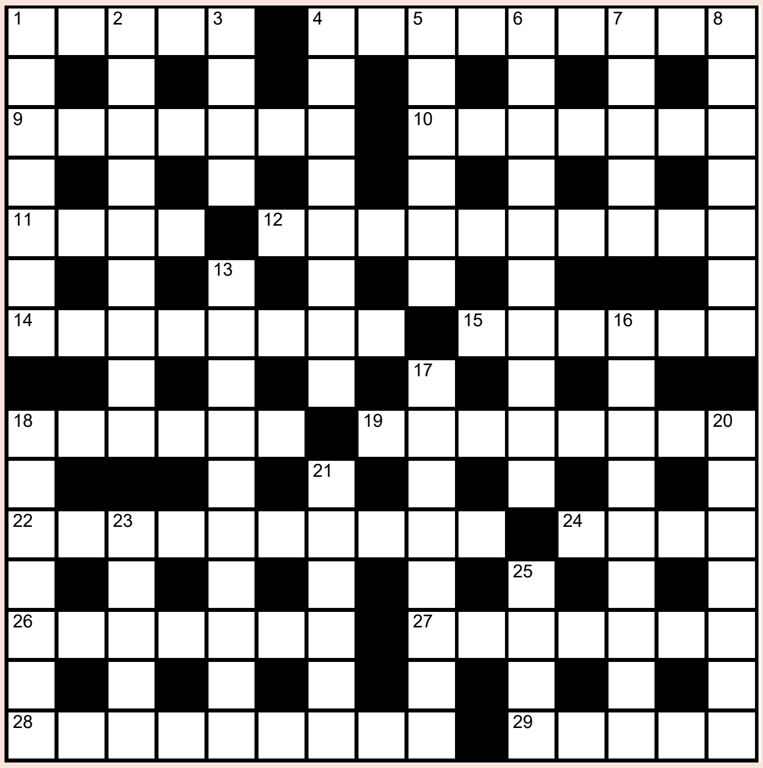
ARROW WORD

The arrows show the direction in which the answer to each clue should be placed.


Mineral spring
Scotland
Close friend
Proverbs
Net
Insect
Moves a train to a siding
Large number or crowd
Shortly
Pool
Leather worker
Burden
Hatchet
Bird
Fatigue
_ Jones, TV host
Flaw
Knight's title
Card suit
Jumpy (2,4)
Truckful
Oust
Tedious
City on the Po
Bother
Drop heavily
Eat less
Hue
Behind time
Tavern
Row
Brink
Military gestures
Owned
Besides
Agent
Squid's fluid
Garland
Risked
Done in haste
Bigfoot
Forest clearing
Horse
Levy
Perceive
Use up

GENERAL KNOWLEDGE CROSSWORD

Test your grasp of the facts with this general knowledge challenge.



ACROSS

1 City in the south of Egypt (5)
4 ___ IV, Egyptian pharaoh also called Akhenaten who established the cult of Aten (9)
9 Flightless African bird (7)
10 One of the three gorgons in Greek mythology (7)
11 Inscription placed over the head of Christ during the Crucifixion (inits.) (4)
12 Carl von ___, Prussian general and military thinker (10)
14 West London Borough including the districts of Brentford and Chiswick (8)
15 State capital of Minnesota (2,4)
18 R. A. S. ___, Sri Lanka cricketer whose 2010 Test debut was against West Indies at Colombo (6)
19 Instrument for varying electric resistance (8)
22 Capital and main port of Barbados (10)
24 Concerning, with regard to; used especially in probate and bankruptcy proceedings (2,2)
26 Winged sandals in Greek mythology such as those worn by Hermes (7)
27 Roman Catholic lay and clerical organisation founded in 1928 (4,3)
28 Welsh actor who portrayed Howard Marks in 2010 biopic Mr Nice (4,5)
29 2007 film documentary written and directed by Michael Moore (5)

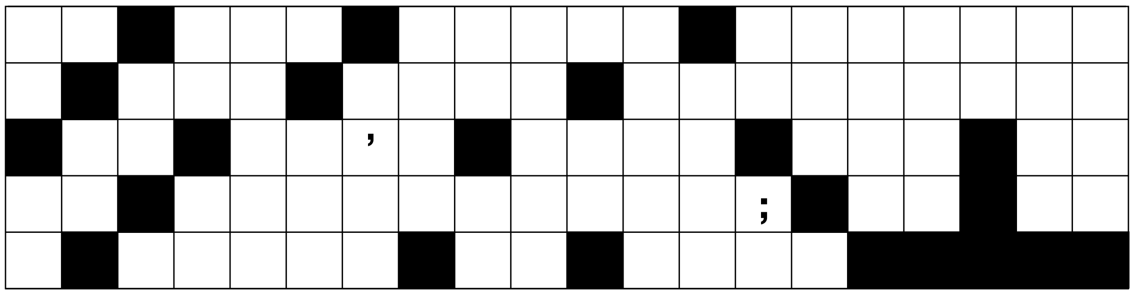
DOWN

1 Jean ___, French author of the plays Antigone and Becket (7)
2 Large African antelope with long curved ridged horns (9)
3 Andrew ___, journalist and broadcaster whose credits include BBC TV shows This Week and Sunday Politics (4)
4 Point in its orbit when a planet is at its greatest distance from the sun (8)
5 Son of Chaos and god of darkness in Greek mythology (6)
6 Actor who played Chief Inspector Dreyfus in 1975 film comedy The Return of the Pink Panther (7,3)
7 In Indian cookery, a meal of several small dishes accompanied by rice and bread (5)
8 Brittle savoury biscuit glazed and salted on the outside (7)
13 Morgan ___, prime minister of Zimbabwe from 2009 to 2013 (10)
16 I'm A Celebrity original presenting duo (3,3,3)
17 2007 novel by Harlan Coben (3,5)
18 Large marine decapod crustacean of the genus Homarus (7)
20 Lee ___, golfer who won The Open Championship in 1971 and 1972 (7)
21 Capital of Canada (6)
23 Southernmost of the islands of the Inner Hebrides off the Scottish coast (5)
25 Martin ___, 2001 World Championships high jump gold medallist (4)

QUOTE DOWN

Drop the letters in each column to reconstruct a quote by Margaret Thatcher. Words may be split across two lines.

				E					D		D								
D			H	H	E		D	A	I		L	A		A	A	D		A	A
N	D	F	I	N	E	E	N	O	O	L	N	E	L	E	H	E		B	E
O	I	M	O	N	E	G	O	O	S	N	S	S	M	H	M	E	M	G	N
R	O	T	O	N	T	Y	W	T	U	O	W	Y	R	L	R	I	T	H	O



LOGIC

Can you work out which trace metal was found in each sample?

An international team of scientists are undertaking a collaborative research project to analyse and log information about samples of rock gathered from space.

Dr Singh and Professor Roberts have specimens from five different celestial bodies which have been collected over a number of years. The samples vary in weight, and are being chemically analysed for the presence of trace metals.

"The lunar specimen was discovered in the 20th century and is the heaviest of them all," said Dr Singh.

"The rock sample containing nickel is three times as heavy as the sample from Mars. Neither of these specimens were obtained in 2001," added Professor Roberts.

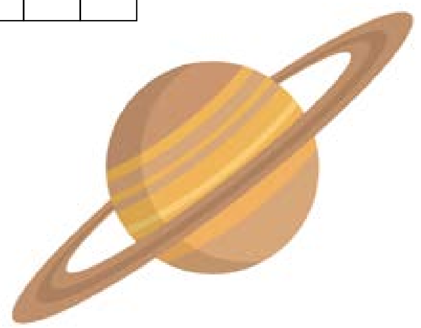
"After some careful analysis I detected traces of gold in the asteroid sample, which was discovered exactly ten years after the 12kg sample," reported Dr Singh.

"That's a fascinating result. Did you know the sample containing iron, which is not from Earth, was found within the last decade and weighed 3kg less than the sample found in 1984?" asked Professor Roberts.

"That makes sense. By my measurements the sample containing silver weighs more than the sample containing aluminium," replied Dr Singh.

Based on their discussion, the scientists were able to log the weight and year of discovery for each space sample, as well as which trace metal was detected in each. Can you figure out what their results are?

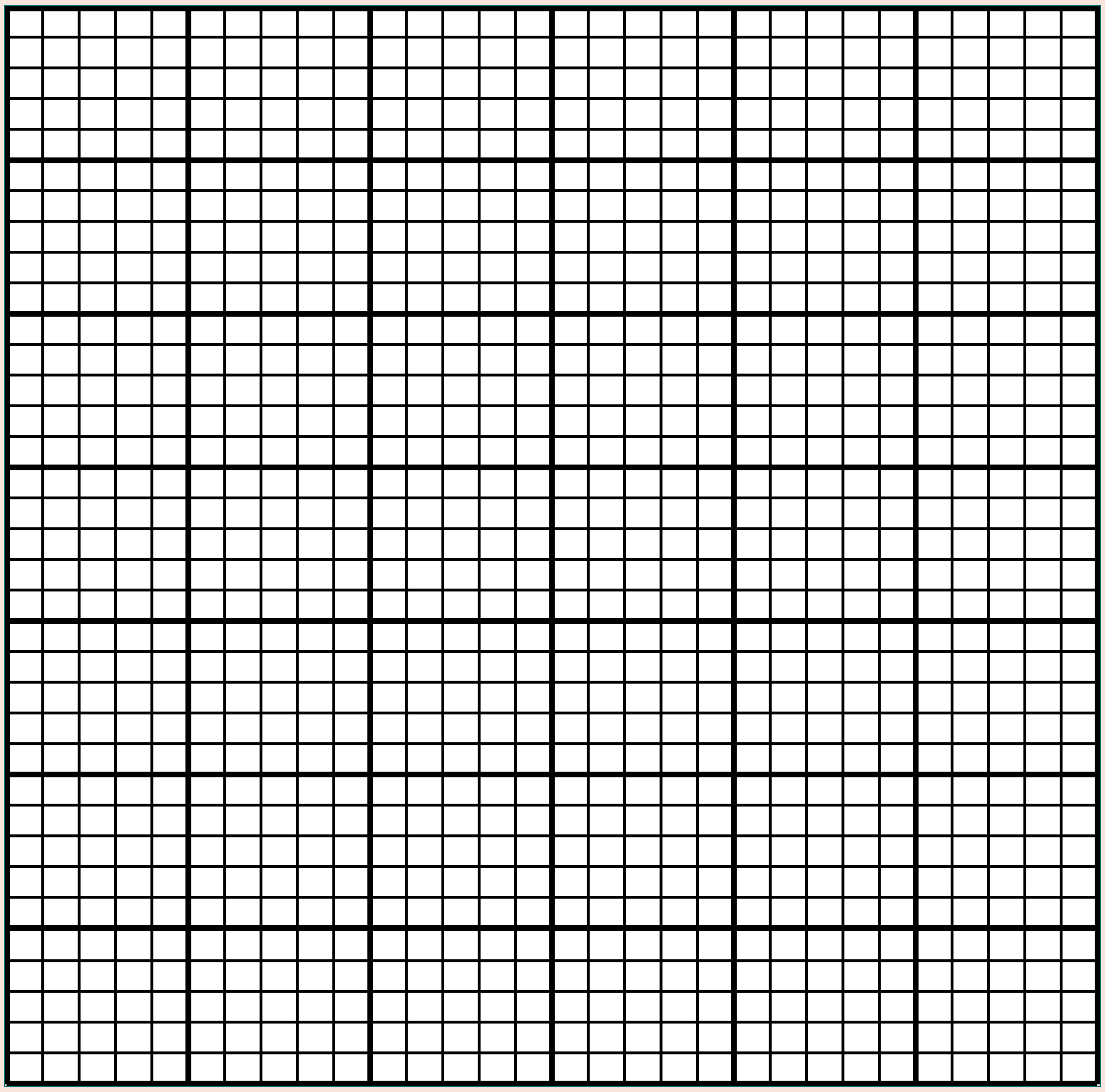
	1984	1991	2001	2006	2016	Gold	Silver	Nickel	Aluminium	Iron	3kg	9kg	12kg	24kg	27kg
Asteroid															
Comet															
Mars															
The Moon															
Earth															
3kg															
9kg															
12kg															
24kg															
27kg															
Gold															
Silver															
Nickel															
Aluminium															
Iron															



NONAGRAM

HEAD TO HEAD

Each column and row has a series of numbers next to it. These refer to the number of adjacent squares that should be filled in. If more than one number appears, that line will contain more than one block to be filled in. The solid blocks must appear in the order that the numbers are printed. For example, a row that contains the numbers 7,5 would contain, somewhere, a block of seven adjacent filled-in squares, then a gap of one or more empty squares and then a block of five adjacent filled-in squares. When complete, the grid will reveal a picture.



1,1
4,4
6,6
7,7
8,8
9,9
10,7
10,3,6
11,5,5
11,6,4
11,7,3
11,7,3
11,7,3
10,7,3
1,6,5,1
10,7,2
10,10
11,11
1,11,11,1
1,10,10,1
11,11
8,2,11
9,8
11,11
11,11
11,11
11,11
10,10
6,6
5,5
5,5
4,4
4,4
3,3
3,3

15	13	13	32	29	27	25	24	16	8	5	3	2					2	3	6	7	1	2	4	6	7	9	13	13	15
17	3	4						6	7	7									7	7	15	21	20	20	21	17	4	3	17
	15	15							5	4									4	5	5						15	15	

TRIVIA WORDSEARCH

Answer the questions and find the answers in the grid.

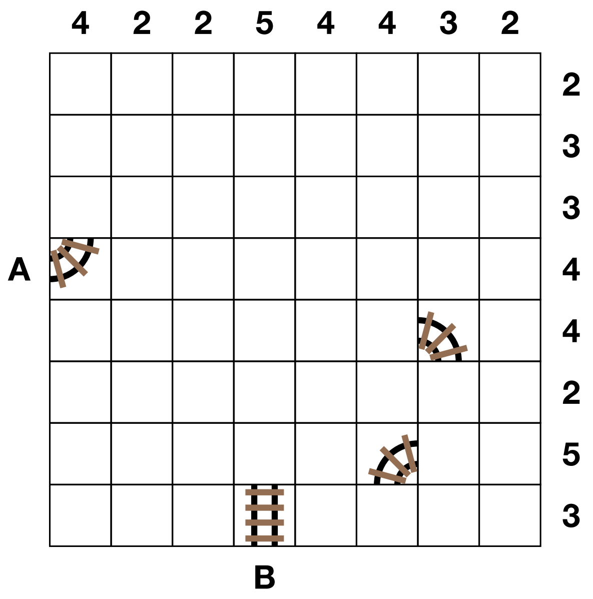
GOING FOR A SONG

1 Which U.S. pop star had a hit in 2007 with Our Song? (6,5)
2 Who sang the theme song to the 1967 drama film To Sir With Love? (4)
3 In which century did the Song Dynasty in China come to an end? (10)
4 Who composed the 1911 work A Song Of The High Hills? (6)
5 Which U.S. poet wrote the epic The Song Of Hiawatha? (10)
6 Who plays Professor River Song in the sci fi series Doctor Who? (4,8)
7 Song To The Moon is the most famous aria from which opera by Dvorak? (7)
8 Who is the kindly old storyteller in the 1946 Disney Film Song Of The South? (5,5)
9 Madeline Miller's Orange Prize-winning novel The Song Of Achilles is told from the perspective of which of the Greek hero's companions? (9)
10 Who had a hit in 1970 with the single Your Song? (5,4)

X	N	O	T	S	G	N	I	K	X	E	L	A
M	S	J	Z	M	I	I	A	S	T	A	O	G
S	T	A	W	M	G	Y	U	H	K	N	N	N
U	U	L	K	Q	H	L	I	L	T	K	G	X
U	V	I	H	H	C	R	A	U	B	G	F	L
O	Y	I	L	O	T	S	Y	F	S	A	E	P
L	X	Z	R	E	U	Z	V	J	K	D	L	Q
O	U	T	E	R	D	M	M	Q	B	W	L	V
D	A	N	M	N	S	D	U	P	L	Y	O	D
P	T	D	E	H	K	L	M	L	B	U	W	Y
H	J	A	T	N	H	O	J	N	O	T	L	E
P	H	S	U	M	E	R	E	L	C	N	U	U
T	F	I	W	S	R	O	L	Y	A	T	Q	P

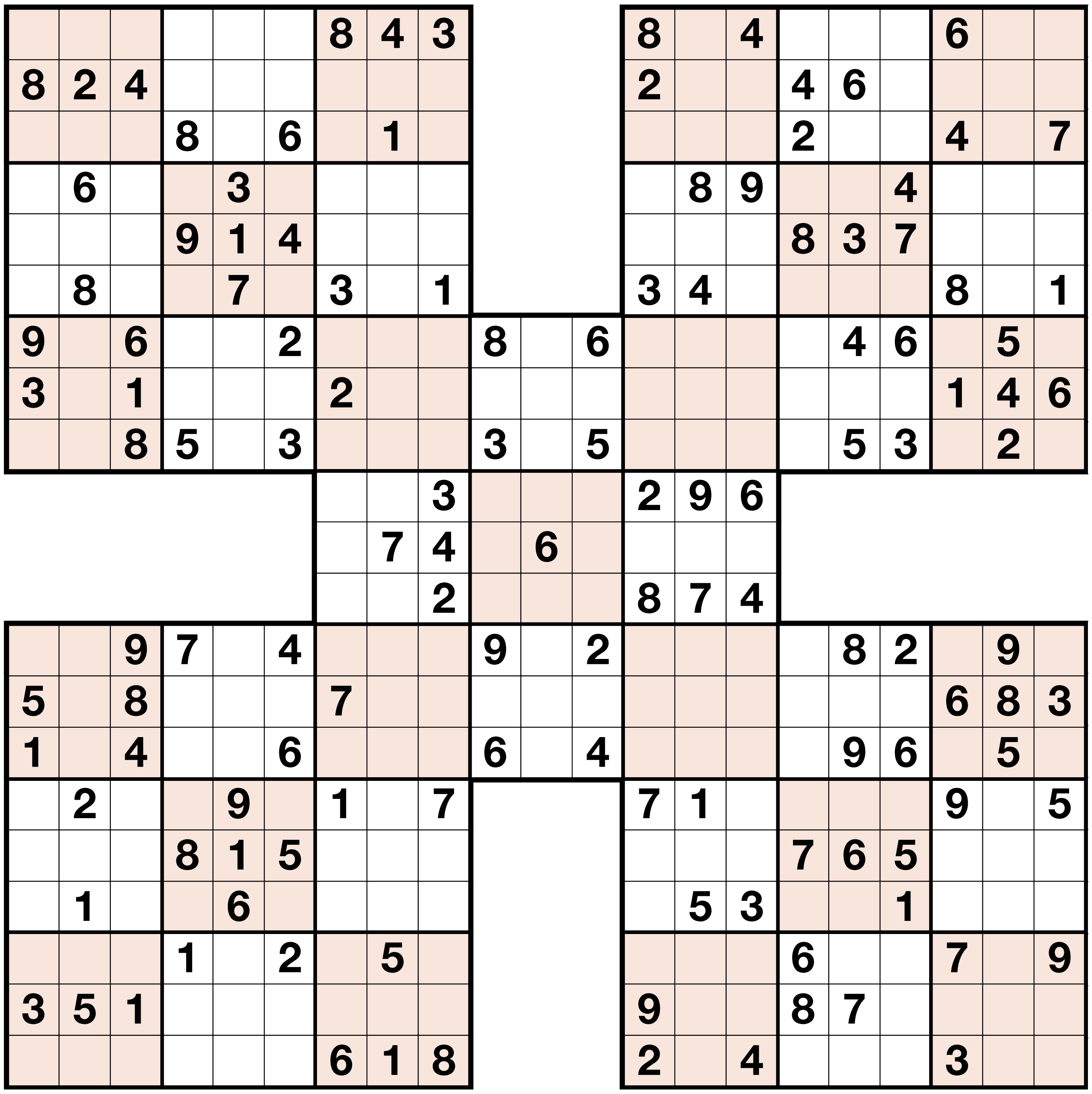
MAKING TRACKS

Numbers around the outside indicate how many squares in each row and column the track passes through between A and B. The track either passes straight through a square or turns at right angles in it.



BIG X SUDOKU

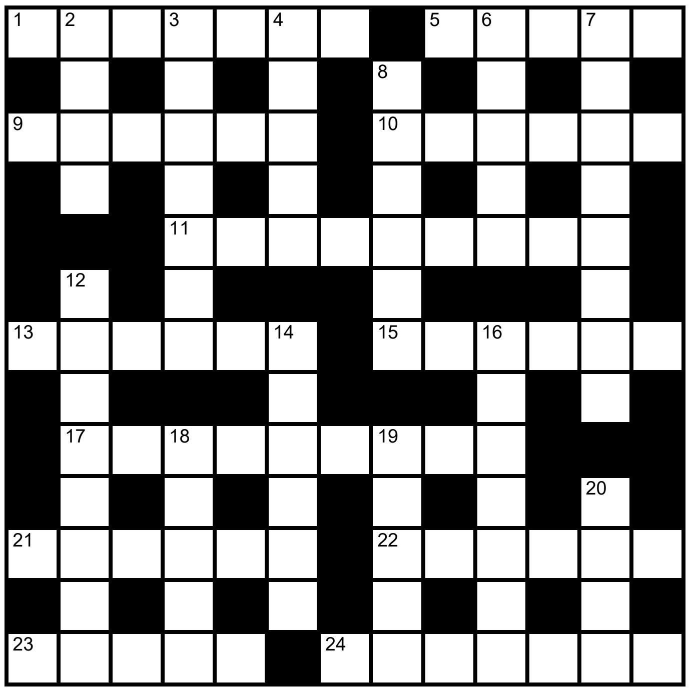
In Big X Sudoku, normal sudoku rules apply, but the 9x9 sudoku at the centre shares four of its 3x3 boxes with those of the outer sudokus.



						8	4	3				8		4				6		
8	2	4										2			4	6				
			8		6		1								2			4		7
	6			3									8	9			4			
			9	1	4										8	3	7			
	8			7		3		1				3	4					8		1
9		6			2				8		6					4	6		5	
3		1				2												1	4	6
		8	5		3				3		5					5	3		2	
								3				2	9	6						
							7	4		6										
								2				8	7	4						
		9	7		4				9		2					8	2		9	
5		8				7												6	8	3
1		4			6				6		4					9	6		5	
	2			9		1		7				7	1					9		5
			8	1	5										7	6	5			
	1			6									5	3			1			
			1		2		5								6			7		9
3	5	1										9			8	7				
						6	1	8				2		4				3		

ENTER VOWEL

Each clue is the answer word with the vowels removed. For example, a clue PL (4) might lead to Plea, Pile, Peal, Opal etc., but not Loop or Lope. You'll have to work out which option fits with its neighbours to complete the grid.



ACROSS

1 CRTR (7)

5 CRL (5)

9 LG (6)

10 BST (6)

11 BTFL (9)

13 GHST (6)

15 RCTS (6)

17 GRDNP (6,3)

21 DMN (6)

22 NSS (6)

23 PNS (5)

24 RNST (7)

DOWN

2 SD (4)

3 LGBR (7)

4 PR (5)

6 LF (5)

7 BSLT (8)

8 STH (6)

12 GGRP (3,5)

14 TRMR (6)

16 LTN (7)

18 RGN (5)

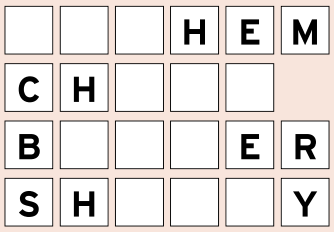
19 PND (5)

20 NTS (4)

WORD GAMES

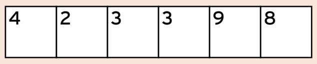
THREE LETTERS

Which three-letter word completes the following longer words?

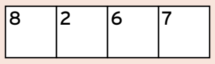


NINER

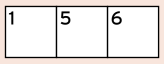
Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.



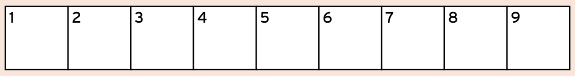
= a fish



= a second fish

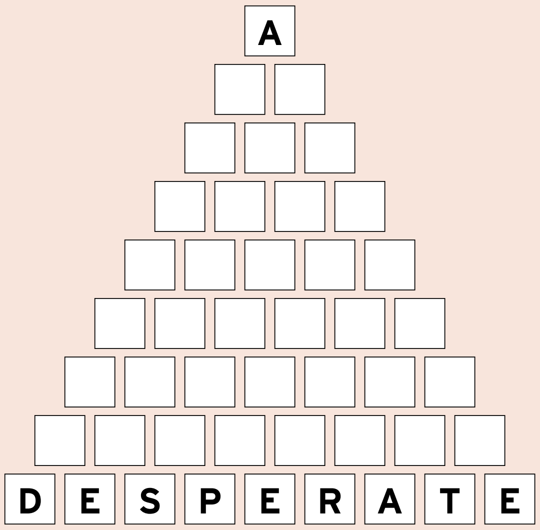


= part of a fish



PYRAMID

Starting with the single letter at the top, add a new letter and rearrange to form a new word at each stage until you reach the word at the bottom. There may be more than one solution.



ANAGRAMS

Unscramble each of the words or phrases below to reveal five desserts.

MOST SEEN

CLARET TREAT

DEPUTY KING SCOFFED IT

GENUINE LIME PRO, ME

DAD BUD BINGED PRUNE TART

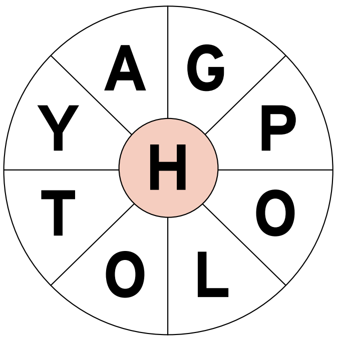
30-SECOND BRAIN TEASER

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's puzzle. Advanced players have 30 seconds to complete their own plus the Intermediate. Good luck!

BEGINNER 4	Square it	+53	÷3	-8	4/5 of this	+42	÷3	+45	ANSWER
INTERMEDIATE 36	4/9 of this	+143	÷3	-29	Increase by 75%	+39	Reverse the digits	5/6 of this	ANSWER
ADVANCED 144	7/9 of this	+147	÷7	Reverse the digits	-5	Increase by 75%	+167	6/11 of this	ANSWER

WORD WHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate
8 average
12 good
16 very good
18 excellent

SOLUTIONS

CODEWORD
1=M, 2=X, 3=U, 4=S, 5=L, 6=V, 7=Z, 8=O, 9=W, 10=J, 11=I, 12=C, 13=P, 14=D, 15=T, 16=N, 17=Y, 18=R, 19=K, 20=G, 21=H, 22=F, 23=E, 24=A, 25=B, 26=Q

HONEYCOMB
1 Argued. 2 Grumpy. 3 Pacify. 4 Icicle. 5 Little. 6 Target. 7 Grange. 8 Nature. 9 Revere. 10 Virtue. 11 Utters. 12 Recede.

PATTERN MAKER
SQUARE 5. We are watching a game where counters are dropped vertically from the top of columns. Red always plays before blue, and red always starts from the left while blue starts from the right. On the first go, red plays one counter, then two and so on, while blue starts by playing five counters, then four and so on. Both alternate between playing in consecutive and alternate columns. So on the first go, red plays one counter in the first column on the left, then blue plays in five consecutive columns from the right, on the second go, red plays in two alternate columns starting from the left, and blue plays in four alternate columns starting from the right, and so on.

GIANT TWO-SPEED CROSSWORD
ACROSS: 13 Putting out, 14 Chianti, 15 Heater, 16 Italic, 17 Tarnish, 18 Tweed, 19 Keep, 20 Brain, 21 Miser, 22 Scraps, 23 Nippy, 28 Stunned, 30 Rapture, 33 Retriever, 36 Passed, 38 Axiom, 39 Crowd, 40 Commit, 42 Cedar, 43 Slashed, 44 Stable, 46 Tier, 49 Wail, 51 Abroad, 53 Hearsay, 55 Snips, 59 Plates, 60 Foist, 61 Drive, 62 Averse, 63 Persevere, 65 Dreamed, 66 Compose, 70 Steal, 71 Strewn, 73 Lay on, 75 Set-to, 80 Shop, 82 Moist, 83 Took off, 84 Hasten, 85 Robust, 86 Harbour, 87 Sticking up.
DOWN: 1 Putter, 2 Stallion, 3 Knock, 4 Contain, 5 Starve, 6 Acrid, 7 Wishes, 8 In store, 9 Widespread, 10 Shade, 11 Backbite, 12 Peke, 24 Precise, 25 Ready, 26 Stamped, 27 Cracked, 29 Trace, 31 Amiss, 32 Rock, 34 Caller, 35 Bolt, 37 Shallot, 41 Matinee, 45 Blazer, 47 Massive, 48 Headway, 50 Ailment, 52 Acid, 54 Raise, 56 Posts, 57 Stir, 58 Carol, 60 First light, 64 Stamp out, 67 Pleasant, 68 Restore, 69 Forfeit, 72 Notion, 74 Arouse, 76 Tied up, 77 Smite, 78 Board, 79 Shake, 81 Hood.

GK CROSSWORD
ACROSS: 1 Aswan, 4 Amenhotep, 9 Ostrich, 10 Euryale, 11 Inri, 12 Clausewitz, 14 Hounslow, 15 St Paul, 18 Lakmal, 19 Rheostat, 22 Bridgetown, 24 In re, 26 Talaria, 27 Opus Dei, 28 Rhys Ifans, 29 Sicko.
DOWN: 1 Anouilh, 2 Waterbuck, 3 Neil, 4 Aphelion, 5 Erebus, 6 Herbert Lom, 7 Thali, 8 Pretzel, 13 Tsvangirai, 16 Ant and Dec, 17 The Woods, 18 Lobster, 20 Trevino, 21 Ottawa, 23 Islay, 25 Buss.

QUOTE DOWN
"No one would remember the good Samaritan if he'd only had good intentions, he had money as well"

TRIVIA WORDSEARCH
1 Taylor Swift, 2 Lulu, 3 Thirteenth, 4 Delius, 5 Longfellow, 6 Alex Kingston, 7 Rusalka, 8 Uncle Remus, 9 Patroclus, 10 Elton John

NINER
FULMINATE

THREE LETTERS
ANT. ANTHEM, CHANT, BANTER, SHANTY

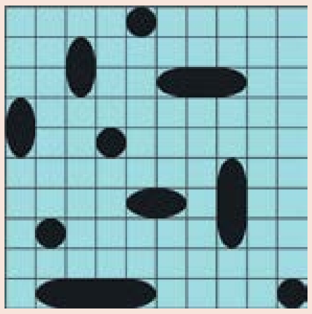
PYRAMID
One way is: A, AT, TAP, TAPE, TAPER, REPEAT, PREDATE, REPEATED, DESPERATE

ANAGRAMS
Eton mess, Treacle tart, Sticky toffee pudding, Lemon meringue pie, Bread-and-butter pudding

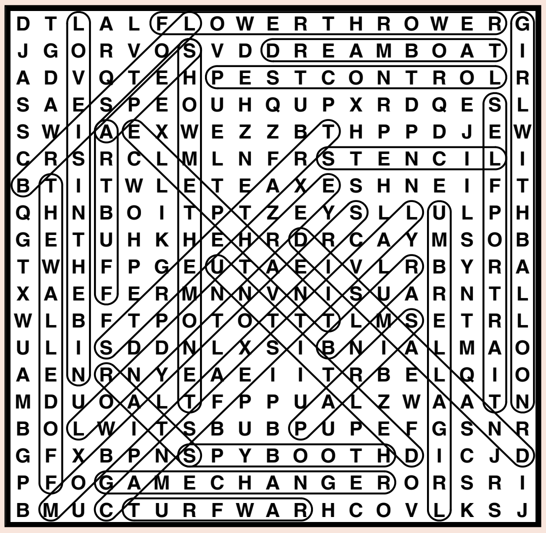
WORD WHEEL
ahoy, glyph, halo, halt, haply, holt, holy, hoop, hoot, hotly, hoya, hypo, lath, lathy, loath, loth, oath, opah, path, pathology, photo, pooh, yahoo.

30-SECOND BRAIN TEASER
Beginner 63, Intermediate 15, Advanced 156.

BATTLESHIPS



WORDSEARCH



D	T	L	A	L	F	L	O	W	E	R	T	H	R	O	W	E	R	G
J	G	O	R	V	O	S	V	D	D	R	E	A	M	B	O	A	T	I
A	D	V	Q	T	E	H	P	E	S	T	C	O	N	T	R	O	L	R
S	A	E	S	P	E	O	U	H	Q	U	P	X	R	D	Q	E	S	L
S	W	I	A	E	X	W	E	Z	Z	B	T	H	P	P	D	J	E	W
C	R	S	R	C	L	M	L	N	F	R	S	T	E	N	C	I	L	I
B	T	I	T	W	L	E	T	E	A	X	E	S	H	N	E	I	F	T
Q	H	N	B	O	I	T	P	T	Z	E	Y	S	L	L	U	L	P	H
G	E	T	U	H	K	H	E	H	R	D	R	C	A	Y	M	S	O	B
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X	A	E	F	E	R	M	N	N	V	N	I	S	U	A	R	N	T	L
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U	L	I	S	D	D	N	L	X	S	I	B	N	I	A	L	M	A	O
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M	D	U	O	A	L	T	F	P	P	U	A	L	Z	W	A	A	T	N
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P	F	O	G	A	M	E	C	H	A	N	G	E	R	O	R	S	R	I
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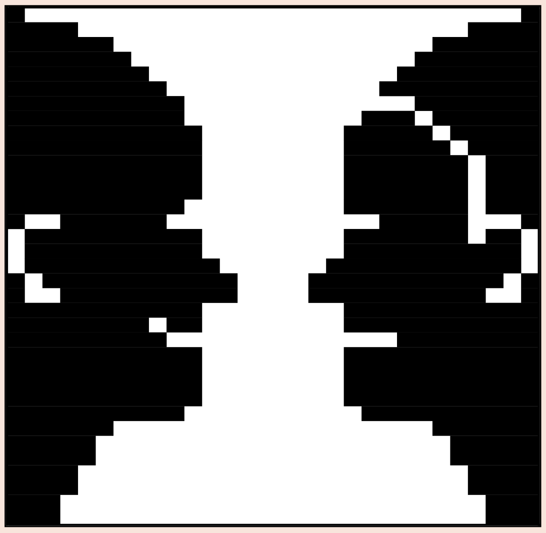
NONAGRAM



SUDOKU EASY

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6	1	9	2	4	7	3	5	8
5	8	2	1	3	9	7	6	4
4	3	7	6	8	5	2	9	1
2	6	5	7	9	8	1	4	3
3	9	8	4	5	1	6	2	7
7	4	1	3	2	6	9	8	5

SUDOKU HARD

6	1	7	3	2	8	4	9	5
8	9	5	1	4	7	2	3	6
4	3	2	9	6	5	8	1	7
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9	4	1	7	8	6	3	5	2
5	2	8	4	3	9	6	7	1
3	7	6	5	1	2	9	8	4

DOUBLE JIGWORD A

G	U	S	T	S	■	S	A	C
O	■	U	■	C	■	P	■	A
R	E	P	E	A	T	I	N	G
E	■	E	■	V	■	N	■	E
■	C	R	E	E	P	E	R	■
F	■	H	■	N	■	L	■	U
E	V	E	R	G	R	E	E	N
T	■	R	■	E	■	S	■	I
A	D	O	■	R	E	S	E	T

DOUBLE JIGWORD B

■	P	■	M	■	M	■	V	■
R	A	T	E	■	A	G	A	R
■	N	■	A	■	G	■	T	■
B	E	A	T	I	N	G	■	■
■	L	■	B	■	E	■	T	■
■	■	M	A	R	T	I	A	L
■	F	■	L	■	I	■	M	■
H	A	U	L	■	S	H	E	D
■	D	■	S	■	M	■	D	■

ARROWWORD

		C		M		M		T		S		M			L		O
S	P	A		A	X	E		E	X	H	A	U	S	T	I	O	N
	A	L	E	X		S	I	R		U		L	O	A	D		U
B	L	E	M	I	S	H		M	O	N	O	T	O	N	O	U	S
		D	U	M	P		T	I	N	T		I	N	N		N	
A	D	O		S	A	L	U	T	E	S		T		E	L	S	E
	I	N	K		D	A	R	E	D		H	U	R	R	I	E	D
L	E	I		Y	E	T	I		G	L	A	D	E		N	A	G
	T	A	X		S	E	N	S	E		D	E	P	L	E	T	E

BIG X SUDOKU

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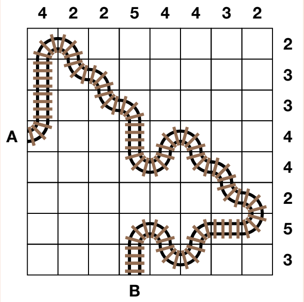
MAKING TRACKS



ENTER VOWEL

C	U	R	A	T	O	R	■	C	A	R	O	L
■	S	■	L	■	P	■	S	■	L	■	B	■
L	E	A	G	U	E	■	O	B	O	I	S	T
■	D	■	E	■	R	■	O	■	O	■	O	■
■	■	■	B	E	A	U	T	I	F	U	L	■
■	A	■	R	■	■	■	H	■	■	■	E	■
A	G	H	A	S	T	■	E	R	E	C	T	S
■	E	■	■	■	R	■	■	■	L	■	E	■
■	G	A	R	D	E	N	P	E	A	■	■	■
■	R	■	E	■	M	■	A	■	T	■	N	■
D	O	M	I	N	O	■	N	O	I	S	E	S
■	U	■	G	■	R	■	D	■	O	■	T	■
O	P	E	N	S	■	E	A	R	N	E	S	T

LOGIC

Celestial body	Year	Trace metal	Weight
Asteroid	2001	Gold	3kg
Comet	2016	Iron	24kg
Mars	2006	Aluminium	9kg
The Moon	1984	Nickel	27kg
Earth	1991	Silver	12kg